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'BE MORE AWARE'

Officers deal with pedestrian tragedies; councillor calls on city to act

Helen Pike
Metro | Calgary

When tragedy strikes in the pedestrian realm, police officers on traffic division are on the case. But one city councillor says the city's road design engineers have a role to play in getting to the bottom of death in crosswalks, roadways and neighbourhood streets.

In 2016 there were 10 pedestrian deaths, up from seven in 2015 and seven more in 2014.

When compared to other major city centres in 2015, city data showed our fatality rate is 25.2 pedestrians per 100,000 Calgarians, Edmonton's was 36.7 and Toronto's 2013 rate was even higher at 49.9 fatalities per capita.

Officer David DenTandt's solution to the issue is simple, he says both parties — motorists and pedestrians — should pay attention.

"People just need to be more aware," DenTandt said. "Everyone has to be more responsible for themselves and knowing their surroundings, if everyone did that obviously there would be less crashes."

Coun. Druh Farrell has advocated to take it a step further, and have the city actually put their money where their mouth is. For her, the solution isn't simply education, it's design.

"People make mistakes, and the system should be designed in such a way that when a company makes a mistake people don't die," said Farrell. "We have a responsibility to design streets that allow for people's mistakes."

Farrell said the city should be analyzing crashes along with police to ensure similar crashes don't happen again.

"That's our responsibility," said Farrell. "We would certainly take that information from CPS and analyze it for road design; police don't design our roads."

ELIZABETH CAMERON/FOR METRO

Plus How Officer David DenTandt deals emotionally with delivering devastating news, pg. 8

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CALGARY

Lot 14-01: Urban Townhome
The Opus Corner 'Craftsman', 1,361 Sq.Ft. $377,990 3 bed, 2.5 bath

Included Upgrades: Rec room ready pkg, kitchen pot lights, TV ready wall in great room, knockdown ceilings, fridge cold water line, pot light over main tub, special edition tile on floor and walls in bathrooms, laminate, quartz in ensuite, upgraded backsplash tiles in kitchen and bathrooms.

Lot 12-60: Double-Car Garage Home,
The Opal 'Colonial', 2,310 Sq.Ft. $579,990 3 bed, 2.5 bath

Included Upgrades: 9' main with 8' doors, bath oasis, alternate kitchen, rec room ready pkg, sous kitchen package, cold water fridge line, TV ready wall, maple posts and spindles, glass shower enclosure, pot light in main bath enclosure, walkout lot backing onto the environmental reserve.

Southwinds AIRDRIE mattamyHOMES

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AIRDRIE

Lot 23-09: Village Home
The Bravo 'Craftsman', 1,157 Sq.Ft. $258,990 2 bed, 1.5 bath

Included Upgrades: Pot lights in kitchen and over tub, upgraded carpet with 8lb underlay, laminate in living, dining and kitchen, special edition floor tiles and main tub enclosure tiles, upgraded bricklay design backsplash in kitchen and main bath vanity.

Lot 1-42: Single-Car Garage Home,
The Astoria 'Craftsman', 1,459 Sq.Ft. $379,990 3 bed, 2.5 bath

Included Upgrades: Walkout, 9' main with 8' doors, alternate kitchen, gas fireplace, rec room ready pkg, pot light over main and ensuite tub, oak railings, under cabinet lighting, full depth cabinets, kitchen pot lights, sous kitchen pkg, upgraded carpet and hardwood, quartz in kitchen and ensuite.

THE GATES AT HILLCREST

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AIRDRIE

Lot 14-01: Manor Townhome
The Willow Corner 'Arts & Crafts', 1,641 Sq.Ft. $374,990 3 bed, 2.5 bath

Included Upgrades: Bath oasis, rec room ready package, pot lights in kitchen, pot light over main tub, under cabinet lighting, full depth fridge cabinet, upgraded carpet throughout second floor, upgraded quartz in kitchen and ensuite, upgraded wall tile, upgraded paint colour, upgraded kitchen cabinets.

Lot 15-66: Manor Townhome
The Alder 'Prairie', 1,471 Sq.Ft. $319,990 3 bed, 2.5 bath

Included Upgrades: Lookout lot, rec room ready package, pot light in kitchen, TV ready wall in great room, sous kitchen package with deeper upper fridge cabinet and under cabinet lighting, fridge cold water line, shower pot light in main and ensuite tub.

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metro NEWS
Your essential daily news

Kelly Knight Craft a front-runner to be ambassador to Canada. **World**

Mom's gift brings joy back, full cycle

GENEROSITY

What started as one donation turned into new lease on life

Lucie Edwardson
Metro | Calgary

> **It was quite easy for me to become involved.**
> Kerri Workman

Kerri Workman and husband Malcolm Eyjolfson hold a photo of son Bryce as they pose with 12-year-old Abdo who is the thankful recipient of Bryce's treasured bike in February of 2016. RIGHT: Workman surrounded by Syrian refugee kids and youth at their first ever hockey game. CONTRIBUTED

When a grieving Kerri Workman and her husband made the decision to donate the treasured bike of their deceased son to a Syrian refugee child, Workman didn't realize how much the experience would impact her life.

Eleven-year-old Bryce Eyjolfson died in October 2014.

He'd built his treasured bike with the help of his father, and after his passing, the bike reminded the couple of better times and the joy of their son.

After Bryce died, his bike was stolen from a shed in the family's yard — and after hearing Workman's emotional pleas for the bike's return, the thief showed up at her door, apologized and returned the bike.

Almost a year ago to the day, Feb. 29, 2016, Workman and her husband decided that after hanging on to their son's bike for two years, they wanted to donate it to a child who could really appreciate it and love it the way Bryce did.

The simple gesture of donating the bike was the springboard for Workman to begin volunteering with the Syrian Refugee Support Group (SRSG) — something she says "saved" her.

"I was off work for my grief and I had plenty of idle time, so it was quite easy for me to become involved," she said.

"At the time, there were so many newcomers with an abundance of need for help, and it turns out I needed them as much as they needed me."

Workman said at the time she was in a really dark place grieving the loss of Bryce.

"It saved my life, I truly believe that," she said.

In the months that followed, Workman spent "morning, noon and night" at the SRSG warehouse, helping with the collection of donations as well as building relationships with the refugees.

She's become particularly close with many of the refugee kids and teens who live in a Forest Lawn complex near her home.

Co-founder of SRSG, Saima Jamal, said Workman has become "like family" to many of the kids, who, because of cultural reasons didn't generally make physical contact with women outside their families, they now flock to Workman giving her hugs and kisses when they see her.

Jamal highlighted a few of Workman's deeds, including loading her truck "full to the brim" with refugee kids and taking them swimming — many for the first time ever — every week of the summer.

"Parents don't just let anyone take their children, but when they realized I was genuine they put their trust in me," said Workman. "I feel so lucky."

Workman has also helped a few teenage refugees gain employment, helped start a community garden in Forest Lawn, and taken many Syrian newcomer youths to their first hockey game.

OPINION

Why Andre Chabot presents a real challenge for Nenshi

Brodie Thomas
Metro | Calgary

The 2017 mayoral race got very real yesterday when Andre Chabot's worst-kept secret was officially let out of the bag.

Short of a high-profile celebrity stepping forward, Chabot is now the official underdog in this race (sorry Larry). Unfortunately, most people have no idea who he is and if he's the real deal.

After watching him for countless hours in council, I can tell you that he poses a bigger challenge than many people might think.

Unlike councillors who vote strictly on ideological lines, Chabot has shown that he's willing to bend a bit.

First off, he's a details guy. When a point of order is raised at a Calgary council meeting, chances are it's coming from Chabot.

It's tempting to gloss over the details when you're facing thousands of pages of reports and secondary suite applications. He clearly doesn't, based on the questions he regularly asks.

Unlike councillors who vote strictly on ideological lines, Chabot has shown that he's willing to bend a bit. While he probably won't pitch a citywide solution for secondary suites anytime soon, he was able to partner with Gian-Carlo Carra on a motion to reduce the red tape on them in certain cases.

In the early days of the bike lane pilot, his was probably the deciding vote. You look at the 8-7 split and his name stands out, voting in favor with Druh Farrell and Evan Woolley.

What Chabot lacks is that instant charm that comes across well through the television. Even he admits it. But that's not to say he can't turn on the charm when he wants to.

In January of 2016, I watched him at a meeting regarding airport noise in Marlborough. He was greeting a steady stream of residents, chatting them up, and he definitely had that one-on-one connection with those who approached him.

When things at the meeting got heated, it was Chabot who took to the stage, cracked a few dry jokes and calmed everyone down with a promise to request a new meeting with a better format.

When you call up Chabot he answers in a monotone, detached voice. It's a tone that says, "I'm answering my phone, but don't waste my time."

However, ask him a fiscal question, and you're off to the races. If there's one thing he likes more than details, it's numbers.

In this fragile economy that may be turning a corner, and with the NDP in power for two more years, Chabot could easily harness the growing sentiment against the left.

Coun. Andre Chabot will run against Mayor Naheed Nenshi in this year's upcoming civic election. METRO FILE

Chabot enters race

CITY HALL

Mayoral contender says he's tired of adversarial politics

Darren Krause
Metro | Calgary

Coun. Andre Chabot said he wants to usher in a new era of collaboration at city hall — one that benefits all Calgarians.

That what he'll stake his campaign on as he steps up to challenge current Calgary Mayor Naheed Nenshi in this year's October civic election.

Chabot, Ward 10 councillor since 2005, said he's been toying with the idea of a mayoral run for some time, but remained focused on his councillor duties.

But, he said he couldn't sit back any longer.

"I just wasn't happy with the direction the city was going," Chabot told Metro, citing one example of the city taking on tasks that were clearly the responsibility of other orders or government.

Chabot said he also wants to challenge the mayor on efficient use of taxpayer dollars. He wants the city to look at optimizing the return on tax dollars — and he was clear that didn't mean cuts; instead he characterized it as doing things better.

The long-time councillor also said he wants to eliminate the "adversarial" nature — both on council and within administration.

"We need to shift the ambience at the city to be more of a collaborative partnership with administration rather than us versus them — and I don't see that happening," Chabot said.

He clearly recognizes the tall task ahead of him in challenging Nenshi, who is consistently ranked as one of the most popular big-city mayors in the country. The decision to run for mayor came because he sees citywide discontent with Mayor Nenshi.

"It's easy to become myopic with people in your inner circle telling you they're not happy," Chabot said.

"But most of the people I talk to say the same thing. And it comes from a broad spectrum of people across the city."

While Mayor Nenshi might enjoy the celebrity factor, especially with his much-talked-about social media presence, Chabot said that will be one of the biggest differences seen in this upcoming civic race.

"I can tell you one of the big things is it isn't about me," Chabot said.

"It's one big distinction between me and (Nenshi). I'm not focused on my own personal popularity. I'm focused on making things better for Calgarians."

The list of contenders continues to grow with Chabot's announcement, as he joins Nenshi, Shawn Baldwin and recently announced David Lapp in the campaign for Calgary mayor.

The municipal election is Oct. 16, 2017.

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Chronic pain patients feel forgotten as crisis grows

HEALTH

Prescriptions for opioids should be tapered: Doctor

Elizabeth Cameron
For Metro | Calgary

Chronic pain patients with opioid prescriptions are concerned they are being forgotten about, according to the executive director of the Chronic Pain Association of Canada, Barry Ulmer. THE CANADIAN PRESS

The executive director of the Chronic Pain Association of Canada (CPAC) believes those suffering from chronic pain are being forgotten about as Alberta and the rest of Canada grapples with a growing opioid-addiction crisis.

Barry Ulmer said he has been hearing extensively from patients his association represents who worry the medication they have depended on for years will be unnecessarily cut back or even eliminated as fears about opioids and their consequences deepen.

"It's snowballing into a real problem," Ulmer said.

Some patients have told him they've recently experienced difficulties finding a physician who will take them on as a patient, because of the potential risks.

"Pain was already off to the side to begin with, now it's shuffled to the side even more because all people can think about is (the illicit side of opioids)," Ulmer said.

There is a known link between high prescribing rates and high overdose rates, but many patients can function well on opioids, according to Dr. Lori Montgomery, medical director of the Chronic Pain Centre in Calgary, run by Alberta Health Services.

> **It's snowballing into a real problem.**
> Barry Ulmer

"I know patients are worried — so are their doctors," she said.

The challenge for physicians is managing their patient's pain without putting them at risk for potentially catastrophic side effects.

"Sometimes we can do more harm by forcing them to reduce the dose, but if we're going to leave things alone, we need to accept that that patient who stays at a high dose is probably at risk of overdose," Dr. Montgomery said.

"It needs to be a joint decision made between the patient and physician."

Kelly Eby, spokesperson for the College of Physicians and Surgeons of Alberta (CPSA), said physicians receive limited training when it comes to both pain and opioids.

"They're a tough class of drugs to prescribe, and the training the doctors get is minimal," Eby said.

"One element (the CPSA has) tried to focus on is if (physicians) have a new pain patient, to look at all the alternatives to opioids — perhaps physiotherapy or psychotherapy — as opposed to an opioid prescription," she said.

She said there's no expectation from the CPSA that physicians automatically taper existing opioid prescriptions, but from the college's view — because opioids are highly addictive and not as safe as previously thought — the amount of opioids prescribed should always be brought down, if possible.

Cutting a patient off from their regular prescription would be inappropriate because it could cause them to seek a replacement on the street — potentially exposing them to knock-offs or an unknown dose.

"If you're on opioid therapy — especially if you've been on it for a long time — you have a reasonable dependency on it, and to cut somebody off is completely inappropriate patient care," Eby said.

SEXUAL VIOLENCE

University launches new policy

Helen Pike
Metro | Calgary

It's another step in what many believe is the right direction.

On Monday, governors at Mount Royal University approved a standalone Sexual Violence Policy that addresses the school's stance, reporting process, available support and how MRU will deal with instances of sexual violence going forward.

Student organizations like the Canadian Alliance of Student Associations (CASA) have been asking for stand-alone sexual assault policies, ones that detail specific definitions and mandates to collect data.

And according to MRU's newly drafted policies, they'll be making sexual violence data part of their annual report.

It clearly underlines that the policy is to be followed by all members of the school community and outlines the role of a "Dating, Domestic and Sexual Violence Response Team."

Members of CASA want these sorts of policies to be federally, or provincially mandated to assure they are implemented and enforced equally at all institutions.

When Metro asked Advanced Education Minister Marlin Schmidt about the issue in 2016 he said it's the province's role to hold institutions to account but didn't go so far as to say he'd require schools to draft new standalone policies.

MRU is joining institutions like the University of Alberta with standalone sexual assault policies. In Calgary, the U of C is currently getting feedback from the community on their own sexual violence policy.

On Thursday, MRU campus leaders will meet with students directly to talk about the new policy.

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Sex offender charged in break-and-enter

CRIME

Police say woman woke to find man beside her bed

Elizabeth Cameron
For Metro | Calgary

A convicted rapist who served time for brutally sexually assaulting a woman in 2007 has again been charged, this time with break and enter with the intent to commit a sexual assault.

Calgary police confirmed Wednesday they were not actively monitoring Philip Allan Skulnec, 38, who was sentenced to nine years in prison in 2009 for sexual assault and kidnapping, with credit for time served. He was also listed on the national sex offender registry, according to court records obtained by Metro. He only spent three and a half years in jail. According to police, Skulnec was invited to a southeast Calgary pub on the night of Friday, Feb. 25, with a woman who lived in the building he was employed at as a maintenance worker, located in the 9900 block of Fairmount Drive SE.

"He's the maintenance worker and she lives at the complex, there was some sort of acquaintance," said Staff Sgt. Bruce Walker with the Calgary Police Service Sex Crimes Unit told the media on Wednesday.

The woman returned to her apartment alone and went to bed, but woke up just after 3 a.m. on Feb. 26 to find Skulnec crouching beside her bed, police said.

Because of his job, he had keys to all of the building's units, according to Walker. He said the woman told Skulnec to leave immediately — and he did — at which point she called police.

A neighbour who did not provide his name confirmed there was a heavy police presence at Willow Green Estates at approximately 3:30 a.m. on Feb. 26.

Skulnec's crime from a decade ago also involved a woman who lived in an apartment he previously worked at, according to an agreed statement of facts from the court case. His next court appearance will be on Monday, March 6, 2017.

WITH FILES FROM JENNIFER FRIESEN

Philip Allan Skulnec METRO FILE

Ace Peace, 16, was in the first video the Skipping Stone Foundation released to create awareness about the difficulties transgender youth face in the health care system.

JENNIFER FRIESEN/FOR METRO

LGTBQ

Tattoo shop matches donations for trans youth

If you've been thinking about getting a tattoo but not quite ready to commit, now is the time to empty your piggy bank and put down a deposit.

A local tattoo shop has paired up with the non-profit organization Skipping Stone Foundation (SSF), which aim to support transgender and gender-diverse youth with scholarships and awareness initiatives.

Until closing Sunday, anyone who makes a donation (up to $500) to the SSF will receive an equal store credit from Immaculate Concept Tattoo & Piercing — a credit that doesn't expire.

"If they donate $100 (to SSF), they're getting 100 bucks at the shop. It's a good way to donate to that cause and get an awesome tattoo at the same time," said Steve Peace, one of three owners of the popular tattoo studio on 17 Avenue.

His transgender son, Ace, appeared in a video campaign the SSF created to raise awareness about the Metta Clinic, the only facility in Alberta that provides comprehensive treatment for transgender youth, which is open one half-day a month.

"Trans youth are still subject to negative stigma ... we really wanted to change those narratives and create some opportunity for trans youth to be celebrated and proud, and write some positive stories about them," said Amelia Newbert, president of the SSF.

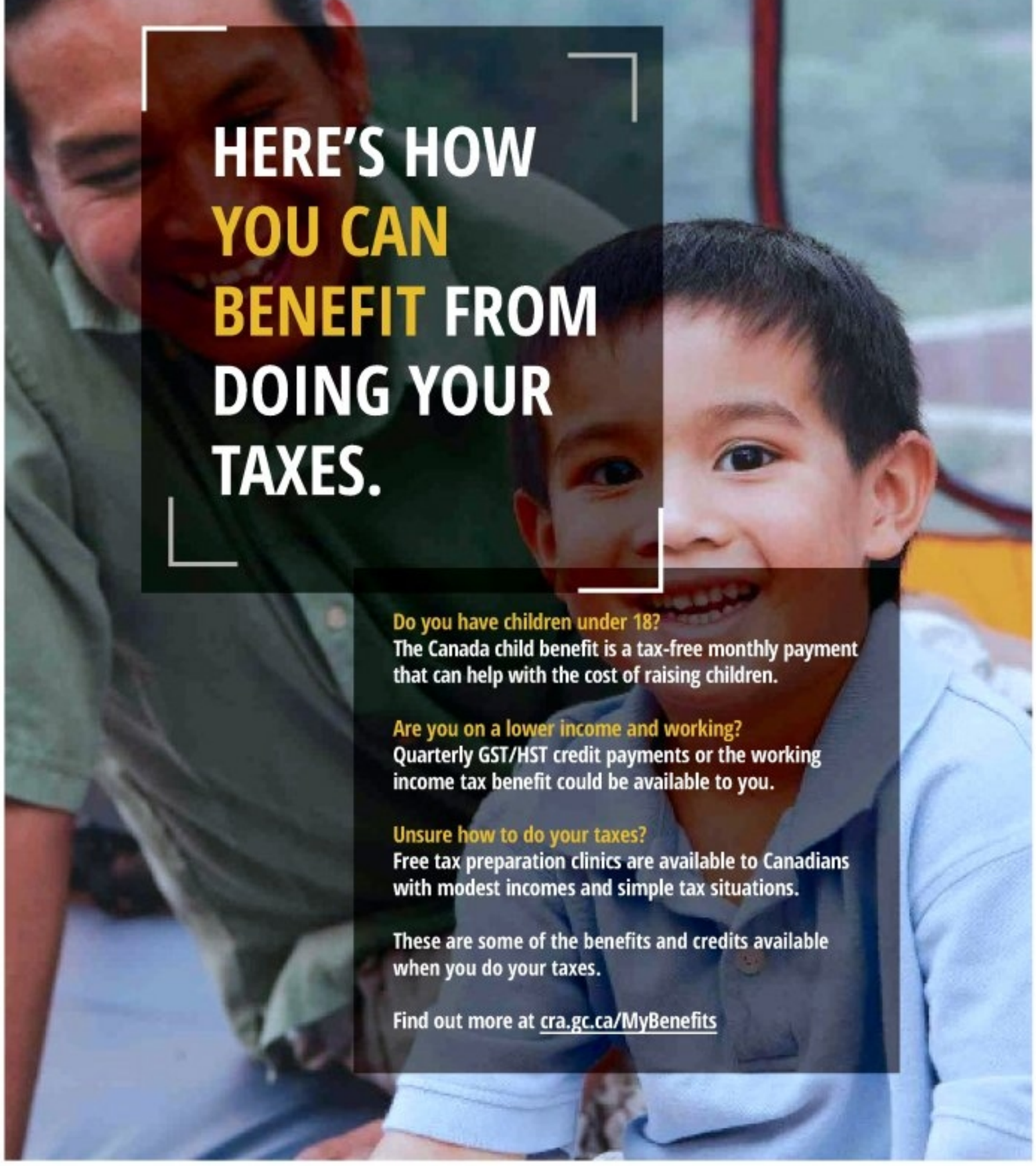
Calgarians have had an 'incredible' response to the campaign, according to Newbert, who said the organization plans to announce some new projects soon.

It's important to Peace and the artists who work at the studio to create a welcoming, safe environment for everyone.

"A lot of trans people have trouble going out sometimes (because) they don't know if it's going to be safe for them or not," Peace said.

"We get to draw on people, listen to music, and laugh – we have no problem donating our time, that's for sure."

ELIZABETH CAMERON/METRO



Canada Revenue Agency | Agence du revenu du Canada

Canada

Professional in face of pain

ROAD SAFETY

Police explain frame of mind when informing family of crash

Helen Pike
Metro | Calgary

Sirens wail moments after a child walks to school. A mother, worried frantically texts her son. They go without a response.

David DenTandt was the officer who knocked on that family's door, when they finally located the address only blocks away from the crash.

"That was a sad one," DenTandt said. "The younger ones are usually harder, because it's generally not by their own fault that they were killed or injured. You're dealing with an innocent victim."

He's been on the force for 13 years and can remember almost every death notification he's done. As an acting sergeant with the traffic division, the difficult task of telling families their loved ones are injured or worse falls in his lap.

Earlier this month another officer told a crowd of people at the Ward 7 traffic-safety meeting he's knocked on nearly 50 doors to tell family a pedestrian has perished on Calgary roads.

It's a grisly task made necessary by one moment of poor judgment or inattentiveness or even just poor design.

"It's definitely one of the harder things we do at this job, that's for sure," DenTandt told Metro. "In this job we deal with a lot of not nice things, nasty things, gross, sad, things that make you angry. But if you're not able to separate yourself from the act that just happened — you can't take it personally. You can't deal with it that way or you won't be able to do this job for long."

DenTandt said he and others on the force can't take that moment to think about the domino effect that someone losing their life can have. They have to step up, knock on that door and be there for a family's grief.

"Maybe some people perceive it as heartless, emotionless or whatever, but it's not," DenTandt said.

David DenTandt with the Traffic Section of the Calgary Police Service. ELIZABETH CAMERON/FOR METRO

ALBERTA THEATRE PROJECTS

$200K or bust for players

Aaron Chatha
Metro | Calgary

Alberta Theatre Projects is in trouble. The 45-year-old Calgary company needs about $200,000 in the next few months to keep operating.

Ashley Meller, communications director, said that corporate sponsorships have fallen about 77 per cent in the last year. Those sponsorships make up about a third of ATP's funding.

"Basically, we can finish out next season, but it's really hard to plan for anything beyond our 17-18 season at the moment," said Meller.

On Wednesday, the Calgary Foundation gave ATP a one-time grant of $200,000 — about half its goal. They'll need the other half by May.

ATP is appealing to Calgarians to help save the company through a Propel Us Forward campaign. By texting FORWARD (all caps) to 45678, anyone can make a $20 donation through their cellphone provider.

Landlords rebuff cigarette ban idea

PUBLIC HEALTH

Smokers have it hard finding homes already, says association

Elizabeth Cameron
For Metro | Calgary

Of the 95 fires the Calgary Fire Department responded to in 2016, 53 were started by cigarettes. JENNIFER FRIESEN/FOR METRO

A new report from Health Canada includes an idea to ban smoking in multi-unit dwellings across the country, but the executive director of the Calgary Residential Rental Association (CRRA) said buildings that allow smoking are hard to find already.

"I would suspect very large numbers of the buildings operated by our members are in fact non-smoking," said Gerry Baxter of the CRRA.

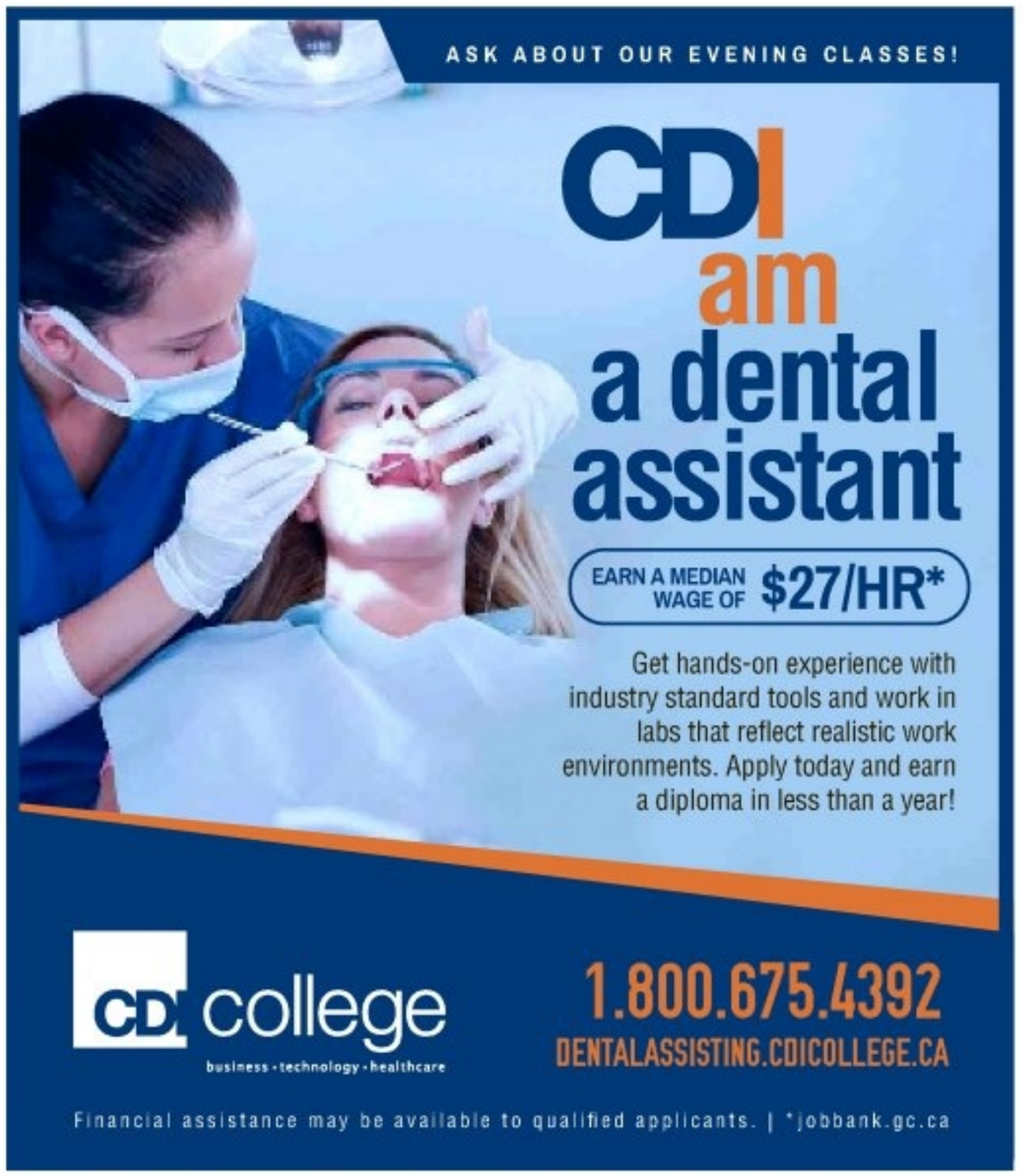
"More and more landlords are prohibiting it," he said, citing clean-up costs and safety as the main reasons.

In an already heavily regulated industry, Baxter said it isn't necessary for the federal government to worry about multi-unit dwellings.

"There would be a lot of people who own buildings who would say this is a property-rights issue, and you'll have a lot of tenants who say the (federal) government shouldn't be dictating to me what I can and can't do in my own home," Baxter said.

In Alberta, smoking materials accounted for $21 million in damages during 2014 alone, according to the latest data from the province. It's also the most common reason for explainable fires here. Of the 95 fires the Calgary Fire Department (CFD) responded to in 2016, 53 were started by cigarettes.

"It's a personal choice, and what the CFD would like to do is continue to educate people about the hazards of improper disposal of smoking materials," said Carol Henke, public-relations officer for the CFD.



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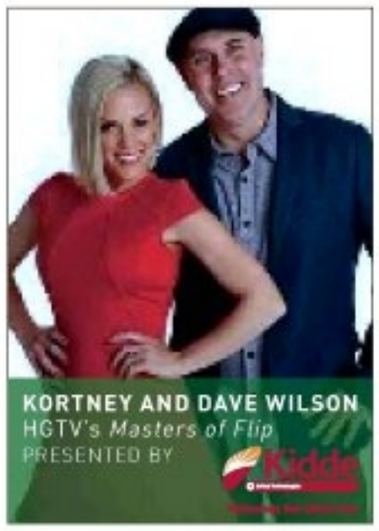

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PRESENTED BY URBAN BARN
POSTMEDIA

FOOD TRUCK EATERY

Foodies take note! YYC's favourite rolling restaurants are making a pit stop. Score top-notch eats from the kings of Calgary's latest food craze, including Fiasco Gelato. Follow the scent of sweet and savoury goodness just outside the Corral to get your fix, then take a seat in the Food Truck Lounge to dig in and enjoy.

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Police Act needs rewrite

LEGISLATION

Prof and police chief agree it's outdated and part of problem

Lucie Edwardson
Metro | Calgary

A Mount Royal University justice professor says now is the time for the Ministry of Justice to open the Police Act for a rewrite and begin making "positive change for policing in the province."

Dr. Kelly Sundberg said Alberta's justice minister, Kathleen Ganley, needs to make changes to the Police Act so that chiefs of police in the province have more latitude and flexibility to deal with internal concerns in a respectful and transparent manner.

"He's doing the best he can do with the current legislation," he said.

Last week Alberta's justice ministry told Metro there is no current timeline to open the act for review.

Dr. Kelly Sundberg said the Police Act needs to be more progressive and effective. JENNIFER FRIESEN / FOR METRO

After the Calgary Police Commission meeting Tuesday, Calgary's chief of police Roger Chaffin reiterated, for the second time in as many weeks, that the Police Act is outdated and ties his hands dealing with ongoing HR issues — including a slew of allegations of bullying and harassment in their ranks.

"I'm not fighting the province on this, I'm just saying there is a strong necessity to open up that act and get a new modern presentation of what the community expects from us," he said, adding that disciplinary hearings are not the best way to deal with current issues.

Sundberg said now is a "great opportunity" for Ganley to tap into the "collective knowledge" of all of Alberta's chiefs of police and create a new Police Act that "becomes a model on how other provinces could advance their own police acts."

"If we wait until the next election cycle the current issues will still be inhibited by the act and we'll have less of an opportunity to see positive change," said Sundberg.

The chief echoed this sentiment.

"If you don't do it we're simply stuck to the old regimes," he said. "These are things that were written 30 years ago and I don't think they ever thought about the kind of HR issues we're having today. What better reason to get this to the table and start that work?"

Chaffin said the act needs a "considerable" amount of consultation with communities, chiefs of police, police commissions and all affected partners.

Sundberg said rewriting the act would put Alberta in a position as a leader in addressing issues that advance policing.

"Now is the time for this to happen," he said.

"We're lucky to have the chiefs that we do and the minister needs to listen to Chaffin and all the chiefs. Let's take the opportunity to make policing more effective and progressive for everyone."

POLITICS

Trudeau says he's listening to Alberta

Prime Minister Justin Trudeau says his government has worked hard in the last year to show Albertans that it is listening to their concerns.

Trudeau says the Liberals adjusted employment benefits for hard-hit resource workers, invested in infrastructure and approved an oil pipeline to new markets.

He said the previous federal government said for 10 years that it supported Alberta and the oilsands, but was unable to get a pipeline built to any ports.

> **We will not write off any corner of this country.**
> Prime Minister Trudeau

"That's not spin. That's not a political argument. Those are facts and everyone here in Alberta knows that," Trudeau said Wednesday during a visit to support Liberal candidates for two federal byelections in Calgary on April 3.

The byelections are needed to fill vacancies left when former prime minister Stephen Harper and MP Jason Kenney stepped down in Calgary Heritage and Calgary Midnapore, respectively. Kenney is running for the Alberta Tory leadership.

"Albertans are tired of being taken for granted and they want a better option, and that's exactly what we're putting forward," Trudeau said. "We will not write off any corner of this country.

"That's what I'm doing right here. That's why I go to every byelection."

Trudeau said no one expected the Liberals to win any Calgary seats in the 2015 federal election, but a lot of hard work led to the party winning two seats.

That hard work has continued, he said, while the Conservatives have simply continued to try to muddy the waters.

"Calgarians are tired of being taken for granted by people who talk a good game, but, as you say around here, it's all hat and no cattle.

"People deserve better."

THE CANADIAN PRESS

Hoping to nab a reusable water bottles and phone charger as prizes, University of Calgary students took part in the interactive board game Drinko on Wednesday. HELEN PIKE/METRO

MENTAL HEALTH

Counselling centre reports record demand

Elizabeth Cameron
For Metro | Calgary

The Calgary Counselling Centre (CCC) is experiencing record-breaking requests for their services this year, and they're quick to name the oil crash from two years ago as the culprit.

When the price of oil dropped, many Calgarians experienced job-loss or added financial stress, which the CCC said has led to the increase in demand.

"Data shows that the level of depression, anxiety and mental health distress in clients continue to rise significantly in correlation with the state of the economy," the CCC said in a release.

Since November 2014, the number of requests for their mental health and counselling services has increased by 55.6 per cent.

The facility, which provided a total of 31,000 counselling sessions last year, had 979 referrals in January 2017 alone — an all-time record high, according to the release.

It also reported that the number of their clients who were unemployed but looking for work increased by 2.7 per cent from 2015 to 2016, and clients working full-time decreased by 2.3 per cent in the same period.

BY THE NUMBERS

979

A total of 979 referrals were made to Calgary Counselling Centre in January.

55.6%

Requests have gone up 55.6 per cent since 2014.

Campaign stresses safe drinking

ALCOHOL

Awareness drive calls for 2 drinks per night, 3 for men

Helen Pike
Metro | Calgary

It's a different kind of drinking game: one where the goal is education instead of getting wasted.

On Wednesday, the Alberta Liquor and Gaming Commission visited the University of Calgary with their latest Drink Sense campaign. It focuses on keeping those 18 to 29 informed about drinking in moderation. Online there's a quiz folks can take to see what their set of empties says about them.

But at the U of C, students came face to face with their drinking habits over a game of "Drinko" — think alcoholic plinko, but without the shots. Students were given three chits for women, and four for men to plunk into the board with the ultimate goal of landing on water, or an energy drink (drinking in moderation.)

"There's different opportunities to enjoy different types of beverages when you go out for the evening," said Bill Robinson, the AGLC president.

"Rather than just alcohol."

He said their ultimate goal isn't to stop young people from drinking, that's not going to happen, it's just to give them the information they need to drink responsibly.

The game explains that the Canada low-risk drinking guidelines recommend three drinks per day for a men and two for women and springboards onto responsible drinking and binge drinking.

"People can take (drinking) too far in university, even just with games. With really simple games like beer pong or sociables, you can easily have five or six drinks just during that," said Diana Dang.

"I already drink responsibly, but I find that people often think, 'Oh I know my own limit,' but with something like this — if someone is telling you your limit is three — I think that might help some people."

WITH FILES FROM JENNIFER FRIESEN/ FOR METRO

DRINKO

The ultimate goal of the game is to:

- To inform students on the importance of drinking in moderation.
- To give students the information they need to drink responsibly.

> But with something like this — if someone is telling you your limit is three — I think that might help some people. Diana Dang

‘A drunk can consent’

HALIFAX

Judge acquits taxi driver of sex assault

Haley Ryan
Metro | Halifax

A Halifax taxi driver found with an intoxicated, unconscious, mostly naked woman in his cab and her DNA on his mouth has been acquitted of sexual assault by a judge who said there wasn’t enough evidence to prove the woman’s “lack of consent.”

Judge Gregory Lenehan ruled that Bassam Al-Rawi was not guilty of sexual assault in Halifax provincial court on Wednesday after he stood trial last month for a May 23, 2015 incident.

The complainant was found by police in Al-Rawi’s cab around 1:20 a.m., passed out after a night of drinking and being turned away from a downtown bar. Her belongings were spread around the car as she lay in the backseat with her feet up on the two front seats, only a shirt partially covering her breasts.

Al-Rawi’s pants were partially undone and sitting lower on his body, the court heard. As police approached, they saw his seat was reclined and he attempted to hide the woman’s pants and underwear.

Part of the evidence the Crown presented was a toxicology report showing the 26-year-old complainant would’ve had a concentration of between 223 and 244 milligrams of alcohol in 100 millilitres of blood when police found her.

Crown attorney Ron Lacey said during the trial there was ample evidence non-consensual touching had occurred, and anyone that intoxicated could not consent to anything.

“Clearly a drunk can consent,” Lenehan said. There’s no doubt the complainant was unconscious when she was found by police so at that moment she was unable to consent, Lenehan said — but what’s unknown is when exactly she passed out and “that’s important.”

A family from Somalia is helped by Mounties along the U.S.-Canada border. THE CANADIAN PRESS

Poll reveals attitudes toward refugees

A newly released federal survey on attitudes towards immigration suggests Canadians are somewhat more enthusiastic about accepting economic migrants than they are about refugees.

While 52 per cent of those polled in the Immigration Department’s annual tracking study felt the right number of immigrants were coming to Canada, 23 per cent thought it was too high.

Meanwhile, 40 per cent felt the right number of refugees was being admitted and 30 per cent thought that figure was too high.

The 2016 survey was done long before immigration and refugee policy became a centrepiece of the U.S. presidential campaign and the eventual new administration of Donald Trump, and before the question of what values immigrants to Canada ought to hold became a centrepiece of Conservative leadership politics here.

So while the data might not reflect how attitudes have shifted since those developments, it’s telling for what it was probing for in the first place, suggested Jack Jedwab, the executive vice president of the Association for Canadian Studies and co-chairman of an upcoming conference on integration and immigration.

“I think what the government is trying to get at is the issue of the extent to which people are more preoccupied by the increase in refugees that’s happening in a lot other places in the world,” he said. THE CANADIAN PRESS

National digest

Swastikas in classroom
Toronto police are investigating after two chalk drawings of swastikas were found in a classroom at York University.

The university said an anti-Semitic statement was also discovered in the classroom. The graffiti was found in the Victor Dahdaleh Building at around 8 a.m. Monday. Freya Clews, a 22-year-old student, said she noticed a commotion at the front when class began.
TORSTAR NEWS SERVICE

University evacuated
Three Concordia University buildings in Montreal that were evacuated after the institution received bomb threats targeting Muslim students were re-opened Wednesday evening. CP

Arson at Islamic centre
Toronto police say a fire at an Islamic centre Tuesday night is being investigated as an act of arson.

Emergency crews were notified of a fire on the roof of the Reign of Islamic Da’wah. No one was in the building at the time and there were no injuries. TORSTAR NEWS SERVICE

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Protesters march in New York's Times Square in solidarity with American Muslims and against the travel ban ordered by U.S. President Donald Trump on Feb. 19, 2017. GETTY IMAGES

Muslim ban under revision

IMMIGRATION

U.S. officials reveal softer approach

President Donald Trump's new immigration order will remove Iraq from the list of countries whose citizens face a temporary U.S. travel ban, American officials say, citing the latest draft in circulation. Trump is expected to sign the executive order in the coming days.

Four officials told The Associated Press that the decision followed pressure from the Pentagon and State Department, which had urged the White House to reconsider Iraq's inclusion on the list given its key role in fighting Daesh.

Citizens of six other predominantly Muslim countries — Iran, Libya, Somalia, Sudan, Syria and Yemen — will remain on the travel ban list, said the officials, who spoke on condition of anonymity because they weren't authorized to discuss the order before it is signed. Those bans are effective for 90 days.

The new order includes other changes as well. The officials said the 12-page document no longer singles out Syrian refugees for an indefinite ban and instead includes them as part of a general, 120-day suspension of new refugee admissions.

The officials also said the order won't include any explicit exemption for religious minorities in the countries targeted by the travel ban. Critics had accused the administration of adding such language to help Christians get into the United States while excluding Muslims.

The White House did not respond to a request for comment.

Trump signed his original executive order in late January. It sparked immediate confusion, panic and outrage as some travellers were detained in U.S. airports before being sent back overseas and others were barred from boarding flights at foreign airports.

The federal government initially blocked U.S. green card holders before offering those legal residents special permission to come into the country. It finally decided the order didn't apply to them.

THE ASSOCIATED PRESS

ECONOMY

If President Donald Trump's hardline stance on illegal immigration leads to large-scale deportations, among those hurt could be the economy.

That's the view of many economists, who say the country can't afford to lose immigrants who work illegally picking fruit and vegetables, building houses, busing tables, and more.

DIPLOMACY

Political donor likely envoy to Canada

A big-money political donor and philanthropist with personal ties to the coal industry and professional connections to the White House and the U.S. Senate is expected to be named Donald Trump's ambassador to Canada.

Expectations within government, as well as recent media speculation, point to the Trump administration submitting Kelly Knight Craft's name for the approval of the Senate.

Knight Craft would recognize some friendly faces in that chamber — starting with that of top Senate leader Mitch McConnell. She woman has donated to and co-chaired fundraising efforts over the years for her home-state senator.

The chamber McConnell presides over is expected to deal with major issues affecting Canada over the coming years, including trade disputes, and the potential renegotiation of the North American Free Trade Agreement.

She has a history in philanthropy.

Kelly Knight Craft

Knight Craft addressed the UN General Assembly after George W. Bush appointed her as an alternate delegate to the UN in 2007; she spoke to the hall about that president's pledge to fight malaria and AIDS in Africa. She co-founded a charity to provide food, shelter and clothing to Sri Lankan children following the devastating Asian tsunami of 2004, but those efforts drew mixed political reactions.

THE CANADIAN PRESS

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Demonstrators bang pots and pans under the rain during an anti-corruption demonstration in front of the National Assembly in Paris on Wednesday. GETTY IMAGES

Fillon soldiers on as backers bail out

FRANCE CAMPAIGN

Dethroned front-runner accused of corruption

The French presidential campaign lurched across another speedbump Wednesday as conservative candidate Francois Fillon defiantly vowed to stay in the race despite being notified that he may face preliminary corruption charges in two weeks.

The spring election to replace unpopular Socialist President Francois Hollande has been like no other, strewn with surprises and besmirched with corruption allegations against Fillon and far-right candidate Marine Le Pen of the National Front. Le Pen so far has managed to dodge investigating judges and maintain a top position in the polls.

Fillon, a former prime minister and once the front-runner in France's two-round April-May presidential election, announced that he was summoned to appear before judges on March 15 for allegedly using taxpayers' money to pay family members for jobs that may not have existed.

"I won't cede. I won't surrender. I won't withdraw," Fillon told reporters, denying guilt.

However, cracks within his own party quickly appeared, as one of his campaign officials, Bruno Le Maire, bowed out without hours, saying he can't follow a man who won't honour his word to withdraw if charged.

French media reported the centre-right UDI party, important backers of Fillon's, was "suspending" its support.

THE ASSOCIATED PRESS

Beijing Lawyers sue China over smog

HEALTH

Group created itemized list of expenses facing residents

Lawyer Cheng Hai has an itemized list of compensation demands from Beijing authorities over the city's smog: 65 yuan ($9) for having to buy face masks, 100 yuan ($15) for seeing a doctor for a sore throat and 9,999 yuan ($1,500) for emotional distress.

Fed up with what they consider halfhearted efforts to fight air pollution, Cheng and like-minded lawyers are putting China's legal system to the test by suing the governments of the capital and its surrounding regions.

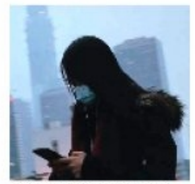
"Some people might think that air pollution is inevitable with economic development, but they are wrong," said Cheng, 64. "We have laws to protect air quality, and major pollution can be avoided if they are fully enforced."

The lawsuits demonstrate the mounting frustration of China's middle class at the country's notoriously bad air, a topic that is expected to be discussed at the upcoming annual meeting of the country's parliament three years after Premier Li Keqiang declared a "war on pollution" at the same event.

The dissatisfaction comes even as authorities in the capital are closing factories, getting rid of coal-fired boilers and taking older, heavier-polluting vehicles off the road.

Official data show those measures are having some effect, with Beijing showing year-on-year improvements since 2013.

THE ASSOCIATED PRESS



A group of lawyers is suing Beijing for not doing enough about smog. THE ASSOCIATED PRESS

POLITICS

Sessions spoke to Russia twice

Attorney General Jeff Sessions had two conversations with the Russian ambassador to the United States during the presidential campaign season last year, contact likely to fuel calls for him to recuse himself from a Justice Department investigation into Russian interference in the election.

Sessions, an early supporter of President Donald Trump and a policy adviser to the Republican candidate, did not disclose those communications at his confirmation hearing in January when asked whether "anyone affiliated" with the campaign had contact with the Russians.

Sessions had more than 25 conversations with foreign ambassadors in his role as a senior member of the Senate Armed Services Committee, and had two separate interactions with the Russian ambassador, Sergey Kislyak, the department said.

THE ASSOCIATED PRESS

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Morneau on 'getting-to-know-you' trip to U.S.

TRADE

Too early to challenge U.S. border tax idea, minister says

The flurry of Canadian cabinet members visiting Washington continued apace Wednesday as Finance Minister Bill Morneau dropped in on a U.S. capital awash in policy debates with big implications for America's northern neighbour.

Morneau called it a getting-to-know-you session so the Canadian government can have the lines of communication ready as the Trump administration settles on wide-reaching policies involving tax reform and trade.

Morneau is U.S. Treasury Secretary Steve Mnuchin's first visiting finance minister since taking office.

The U.S. is beginning discussions on a once-in-a-generation tax reform that could affect Canada in significant ways — with lower corporate rates in the U.S. and a border tax both under consideration. But the reforms are being hotly debated.

Questions about tax and health changes seized the attention of American lawmakers before they could even begin the discussion about another idea important to Canada: the future of the North American Free Trade Agreement.

With all that uncertainty, Morneau described his meeting more as personal bridge-building than policy-making. He said he didn't delve into Canadian objections to the border-tax idea, which has strong pockets of opposition within Congress and the administration itself.

THE CANADIAN PRESS

Finance Minister Bill Morneau and U.S. Treasury Secretary Steve Mnuchin meet in Washington, Wednesday. THE ASSOCIATED PRESS

EATING OUT

McDonald's plots to woo back loyal fans

McDonald's acknowledged on Wednesday that it lost 500 million customer transactions in the U.S. since 2012 and laid out its plans to get more people back into its restaurants — including by letting them order and pay on their mobile phones by the end of the year.

The world's biggest burger chain said it lost some of its loyal fans to other major fast-food chains, rather than to newer rivals. It also said it will more aggressively market items such as coffee and pastries to draw customers.

McDonald's outlined its plans after having recorded its fourth straight year of declining guest counts at established U.S. locations in 2016, despite the fanfare over the rollout of an all-day breakfast menu.

The chain hadn't previously specified when it would make mobile order-and-pay and curbside pickup available. Starbucks Corp. already offers the option that the coffee chain has hailed as a success.

THE ASSOCIATED PRESS

INTERNET

Facebook beefs up suicide prevention

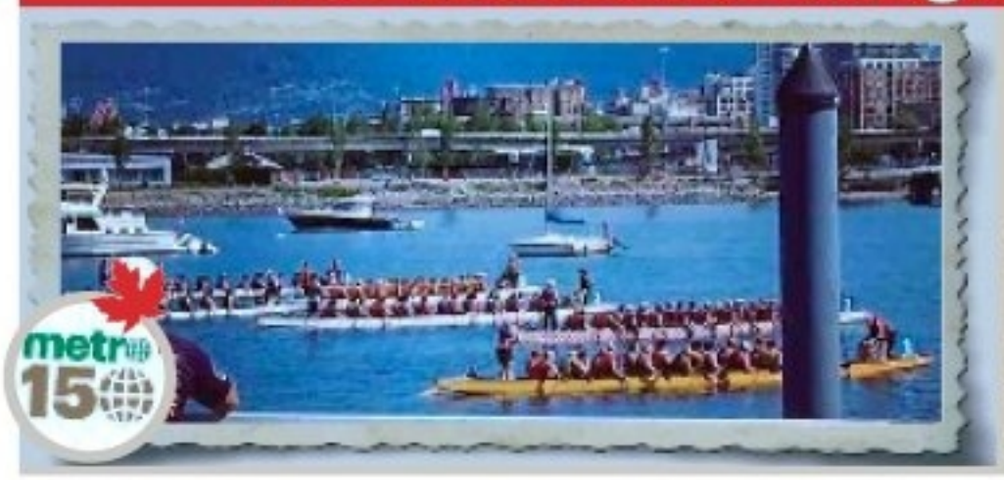
Facebook is beefing up its suicide prevention tools, including new options for people to report if someone might harm themselves while broadcasting on Facebook Live.

Facebook said Wednesday that it's in a "unique position," through personal connections people have on Facebook, to help connect those in distress with people who can support them.

To this end, people watching a Facebook Live broadcast will be able to report the video for an escalated response from Facebook. Facebook can reach out to emergency workers if the person is in imminent danger. Separately, the person filming will also be shown a set of resources pop up on their phone screen, so they can contact a friend or a help line.

THE ASSOCIATED PRESS

150 WAYS of looking at Canada



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M. DUN. SURREY

SOCIAL MEDIA

Twitter set to curb abusive accounts

Twitter is adding more tools to curb abuse on its service as part of its ongoing effort to protect users from hate and harassment. Among other things, the service will attempt to identify offenders on its own, even if no one has reported them first.

It is the second time in three weeks the company has released new ways to root out abusive material on its service. It's a sign Twitter is getting more serious about the issue; it's faced criticism for not doing more in the decade since its founding.

Twitter's effort to automatically flag abusive accounts is a new twist. Previously, the company would take no action until users reported suspected abuse.

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CHANTAL HÉBERT ON LIBERAL INFIGHTING

Perceived gaps between Trudeau's words and his party's actions could have a corrosive cost to his brand.

Alan DeSousa has been the mayor of Montreal's Saint-Laurent borough since it was created 15 years ago. Initially elected on the ticket of mayor Gérald Tremblay, he survived the corruption scandals that marked that era and was re-elected as part of Denis Coderre's team in 2013.

When DeSousa declared his intention to run for the Liberal nomination in Saint-Laurent — the riding just vacated by former foreign affairs minister Stéphane Dion — he was considered if not a shoo-in, at least a highly competitive candidate.

Neither of his two rivals, former Quebec immigration minister Yolande James and Marwah Rizqi, a professor at Sherbrooke University who ran for the Liberals in Hochelaga in the 2015 election, could boast roots as deep in the riding.

There was no doubt that DeSousa would not have been Justin Trudeau's preferred choice. The prime minister has made gender parity a defining feature of his cabinet. Women account for only one quarter of the Liberal caucus. The government could use more cabinet-ready female MPs.

Trudeau has replaced Chrétien's somewhat brutal clarity by an opaque vetting process.

James — given her experience in the Quebec cabinet and the fact that some of her former ministerial staffers toil in the backrooms of Parliament Hill — was considered to have the inside track with the party establishment.

Some of the organizers who helped secure Heritage Minister Mélanie Joly's 2015 nomination in a neighbouring riding were asked to lend a hand again. If James was going to have a shot at beating her two opponents, she needed all the help she could get. With the byelection set for April 3, she was also going to have to hit the ground running to sign up enough members to win the nomination.

That was last week. On Tuesday, DeSousa revealed that the Liberal party had barred him from vying for the nomination. In the letter he shared with the media, no reason was given.

Privately, party insiders point to DeSousa's association with the discredited Tremblay administration. As a member of the city's executive committee he was part of the mayor's inner circle. In 2013, his borough's offices were among those raided by Quebec's anti-corruption unit.

Still, DeSousa was never charged. If he is guilty of anything in the eye of the federal Liberal brass, it is by association.

For the residents of Saint-Laurent it is, to say the least, awkward to be told that their long-serving mayor does not, for some unspecified reason, pass the smell test of Trudeau's Liberal party. From the perspective of DeSousa and his supporters, it is also a convenient way to remove him from contention.

Some Liberals in Markham-Thornhill are also crying foul after the party retroactively set Feb. 14 as the cut-off date to recruit members for a March 4 nomination vote.

One of Trudeau's senior advisers, Mary Ng, is running for the Liberal nomination in the riding vacated by former immigration minister John McCallum. Her rivals claim the move is designed to give her an edge on the competition.

In his days as leader, Jean Chrétien made no apologies for parachuting star candidates into some of the party's safest seats.

Immediately prior to and just after the 1995 Quebec referendum, Chrétien appointed Lucienne Robillard, Stéphane Dion and Pierre Pettigrew to safe Montreal seats.

At the time he desperately needed more francophone Quebecers at the cabinet table. It is far from certain that an open nomination process would have resulted in the selection by local Liberal members of any of the three ridings.

Chrétien used the same route to ensure he had more women in his candidate lineup.

He took hits for short-circuiting the process, but at least his rationale for doing so and his method were transparent. Chrétien also took responsibility for imposing his choice on a given riding.

Officially, Trudeau has renounced that leader's prerogative. Early on, he pledged to have open nomination meetings in every riding. But in reality, he has replaced Chrétien's somewhat brutal clarity by an opaque vetting process for which neither he nor party officials seem to be accountable.

Regardless of the outcome of the Liberal infighting, there is little doubt that the party will hold Saint-Laurent and Markham-Thornhill on April 3.

But this is not the first instance where there is a perceived gap between the prime minister's words and the actions of his party and his government, and such episodes accumulate at corrosive cost to Trudeau's brand.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

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Tory leadership race or avant-garde art show?

Vicky Mochama
Metro

As an art project, the Conservative leadership race has taken on an avant-garde feeling. They've excelled at abstraction: 14 candidates that are distinguishable only with an angling of the head or a squint.

Yet two have found a way to stand out as only one can in 2017: Internet videos.

In a rather intriguing film from 2011 surfaced by Press Progress, Kevin O'Leary is shaving in a bright marble bathroom while wearing a towel around his waist.

For all the Trump comparisons, O'Leary's bathroom looks more like my parents' than a gold-embossed penthouse. He is also shaving his own face, which is a humble move for a titan of industry. (Perhaps the butler was holding the camera?)

In advance of a morning appearance via Skype, O'Leary gripes that all his bosses at the CBC are women, saying, "The thing about the CBC I gotta tell you guys, is the whole place is run by women.... It's ridiculous."

To "get back at them," as O'Leary puts it, he vows to not wear pants. "I never do," he says, as the camera pans down threateningly.

Sure, it's offensive to women, but as a piece of art, it is incisive and compelling. The viewers must ask themselves: Is O'Leary reverse-complimenting women by insulting them? Is it a performance art piece of a lone man, naked and shorn, yet somehow harmed by women? I call it Wounded Masculinity and the Art of Shaving.

Or, it may be a commentary on the obsessive pettiness that comes when working from home alone too long. Truly, I have borne witness to the human condition, and it is a video of Kevin O'Leary topless and shaving.

The second video is a critique of video as a form. In it, Kellie Leitch presents her vision that all who enter Canada — immigrant, tourist, person on a layover to Seattle — must have a face-to-face interview with an immigration officer. That is not new information from the Leitch campaign. What is fresh is the visual journey.

As Leitch waxes on Canadian values like tolerance and faces (I could not hear the rest for the beauty), she wanders in and out of the light. At times, she sits briefly then hurtles back towards the camera. When you least expect, she takes a deep breath as if to say, "Life is a series of breaths. And some of those breaths are taken by immigrants who are a threat to our borders."

Few auteurs can execute one resonant silence, let alone several of them. To do so while playing with motion, light and shadow is no less than mastery.

As the May 27 leadership election draws nearer, one can only hope for more challenging Conservative art.

Fingers crossed for a rap about the carbon tax.

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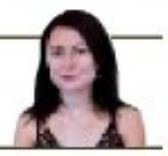
An athlete at any size

Q&A

Big Fit Girl author wants more diversity in fitness culture

Melita Kuburas
Metro | Canada



Louise Green woke up on the morning she was to run her first half-marathon in 2013 feeling excited. But when she approached the sign-in desk to pick up her race kit, one of the staffers automatically reached for the 5K packet — less than a fourth of the distance she had signed up to run. This crushed her confidence.

"My body size communicated to him that I was not physically capable of running the event's longer race," writes Green in her new book, Big Fit Girl, out March 17.

Green, 45, who runs her own fitness business in Vancouver, is a runner, boxer and body activist. She believes that athletes come in all sizes and builds and that there needs to be more diversity in fitness culture.

What is it going to take for us to see more size diversity in fitness culture?
It's up to people to really be seen. A lot of women will still remain apprehensive or intimidated by fitness — and I believe they have a right to feel that way because it's scary when you don't see yourself represented. There's an element of the unknown. I think more brands and the media culture supporting fitness need to broaden their spectrum of stories and imagery.

In true mainstream fitness magazines, you're not seeing women that are over a size 6. So if we could just start to see size 12; maybe size 14; a mixture? What I'm wanting is an accurate representation of women. That's really what we're asking for, and that's what I think is going to change the fitness culture to make it more approachable. When somebody can see themselves, it inspires them.

Some fitness stars say they're about body positivity, but their Instagrams are full of before and after photos. Are you worried that the body positivity movement is being co-opted?
I agree with you; often you're seeing a body-positive message but the imagery — and when you dig deep into the actual message — is still the same message of conforming to a smaller version of yourself. I don't know that that's intentional. I think that many women are so incredibly programmed, as we all have been at some point, to believe that is 'body positive' and the way to health.

I had this conversation yesterday with a friend of mine: what I actually have to endure for a month to lose, say 3 pounds, is white-knuckling deprivation. Some bodies will lose weight easily and some won't.

Is it then the job of the body activist to call out instances that we see where we feel like the message isn't healthy?
I do call out certain things that I think are absurd but I don't point fingers and name names, I just give examples.

People have good intentions but I think my job is to just educate people on what I think and what I have experienced after working with literally over a thousand women who fall outside of the athletic norm. When you're somebody's trainer they really open up to you and I have really intimate conversations with these women. There's definitely a common theme throughout all of them. And I've experienced it as a plus-size woman myself, so I will make a point of trying to educate from that experience.

I got the sense the food section in your book was carefully written.
I didn't want it to appear like a diet. I wanted women to explore what works for them. I'm really against people feeling hungry. I don't believe in hunger and starvation — I don't think that fits an athletic model at all. So I really wanted women to reframe their thinking.

If you're looking at really living like an athlete ... eat as much as your body needs, but it should be nutritionally dense if you're wanting to perform better the next time you go out. And I also believe in having cake and celebrating life when the time is right.

Sometimes a form of body shaming comes from doctors who use weight and BMI as a way to measure health. Do you reject these measurements?
I have chosen my doctors very carefully and that's what I'm asking people to do in the book. Because even when I was my thinnest, I was way outside of the BMI chart. I'm a heavy person even in a thinner frame. So those numbers have haunted me for a long time. All I could think in my mind is "I'm supposed to be 130 pounds, and I can't get there." I think it does more damage than good, to be honest. I think that many people — like my husband for example he's very muscular, and he's considered obese. I think that it's an OK guideline but I don't think it's a great method of measurement.

Is there an alternative measurement that you would support?
I see why people would want to ask that question because we don't want to see people that are immobile because of weight. But I don't think that I want to really comment on what kind of size we should expect of people, or how we should measure it, but just to get people really living their healthiest life: trying to eat nutritionally dense food and moving your body. And then I really truly think that your body will find its right size.

What does fit mean to you?
Somebody who's fit is somebody who is setting goals; is regularly active; who regularly challenges themselves. I have some people that come to my classes that don't go as far as they could. I think people really need to ask themselves: "Am I challenging myself, am I sweating, am I breathing heavily, is my heart rate up?" Getting their heart rate up every week on a regular basis is going to produce a fit person.

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Spanish author Isabel Sanchez Vegara is one of the writers behind the children's books series Little People, Big Dreams, the latest of which is available in stores March 2. CONTRIBUTED

'The world is full of little dreamers'

CHILDREN'S BOOKS

Fighting gender stereotypes by opening young eyes to heroines

By age six, girls are more likely to believe boys are smarter than members of their own gender, according to a study published in Science journal last month.

But at least one children's books series is trying to fight back by telling the inspiring stories of women who overcame adversity and made history by pursuing their childhood dreams.

Accompanied by vibrant, cartoon-like artwork and intended for readers ages 5 to 8, the Little People, Big Dreams series, authored separately by Isabel Sanchez Vegara and Lisbeth Kaiser, kicked off with Sanchez Vegara's book on iconic French fashion designer Coco Chanel and has gone on to feature Audrey Hepburn, Mexican painter Frida Kahlo, American civil rights activist Rosa Parks and American poet and activist Maya Angelou.

The latest books, available in stores March 2, will focus on the lives of English crime novelist Agatha Christie and Polish-French scientist Marie Curie.

Barcelona-based Sanchez Vegara talked about how the birth of her twin nieces inspired the series, how she breaks down complicated life stories so children can understand them and which of her subjects she'd most like to meet.

Why did you choose to focus Little People, Big Dreams on women?

The idea came up when my twin nieces were born. I was looking for some books to welcome them to this world. I was surprised that there were still so many stories of ladies waiting for a prince to come and rescue them. I thought that history is full of incredible women, strong and passionate, capable of fulfilling their dreams. And those were the stories I wanted to tell my nieces about.

What do you hope children, girls and boys, will take away from the books?

Little People, Big Dreams is not meant to be a series for and about girls only, but it seemed important to start from here. We need to break with stereotypes that stigmatize people by their gender.

The real message behind Little People, Big Dreams is that we can all achieve our dreams, as long as they're really ours and not imposed by others. Gender stereotypes include male stereotypes too, and you can't pretend to change one without changing the other. I think it's great all kids discover, in the series, new women roles, but it would be even better if they could discover new male roles too. In that sense, I'd love the series to grow with the stories of extraordinary men — men who break the stereotype of the "tough, loud and courageous" hero.

> **Let's treat kids with respect, love and affection so they realize they just need to be themselves.**
> Author Isabel Sanchez Vegara

How do you choose which women you'll write about?

Little People, Big Dreams is a tribute to dreamers — to those who pursued a dream no matter how impossible it seemed. I don't look for women who have simply reached the top in their careers as designers, painters, aviators, writers, researchers or singers. I look for authentic and unique women with a great personality, too.

Why do you find Frida Kahlo the most fascinating so far?

It's not that I just love her art, but for me, Frida Kahlo's life also has the perfect mix of love, passion and tragedy.

Are there any plans to feature a Canadian woman in the future?

I would love to! I'm very interested in portraying the life of Kenojuak Ashevak, one of the first Inuit printmaking artists, although I must first keep my promise and dedicate a book to a great Spanish woman, something that I have not done yet. Luckily, the list of incredible women is endless. The world is full of little dreamers. TORSTAR NEWS SERVICE

AWARDS

Alexis wins major Yale prize

Canadian author Andre Alexis has been named one of eight recipients of Yale University's Windham-Campbell Prize, which comes with a cheque for $165,000 US.

Billed as one of the world's richest literature prizes, it is awarded to poets and writers of fiction, non-fiction and drama to support their literary pursuits.

Alexis won the Scotiabank Giller Prize and the Rogers Writers' Trust Fiction Prize in 2015 for Fifteen Dogs, a story about 15 pooches gifted by gods with the skills of human consciousness and language.

The Trinidad native, who was raised in Ottawa, was hailed by the Windham-Campbell Prize judges for his "mastery of literature's history and a startling power of invention, balancing intellectual sophistication with a sense of humour, pathos, and beauty."

Trinidad-born Canadian author Andre Alexis. THE CANADIAN PRESS

This year's other winners were Carolyn Forche, Ike Holter and Maya Jasanoff of the United States; Erna Brodber of Jamaica; Marina Carr of Ireland; Ashleigh Young of New Zealand; and Australian aboriginal writer Ali Cobby Eckermann. Canadian drama writer Hannah Moscovitch was a recipient of the prize last year. THE CANADIAN PRESS

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A domestic duel under the covers

NON-FICTION

Writing couple match wits and parry in essays on marriage

Sue Carter
For Metro Canada

Writerly couple Stephen Marche and his wife, Toronto Life editor Sarah Fulford, have a new book out on modern relationships. CONTRIBUTED

Stephen Marche's 2,200-word essay on the persisting gender divide surrounding housework — which he refers to as "intimate drudgery" — caused a firestorm of angry responses when it first published in the New York Times Sunday Review back in 2013.

The Toronto-based novelist and columnist suggested that everyone relax: the simplest and most direct way to correct the imbalance was to stop fretting so much over dust and unmade beds. His point did not go over well with many women, as witnessed on social media.

"You wouldn't think that housework would be the most controversial point in the current moment of 21st-century politics, but there you go," says Marche.

Several journalists wrote angry counter-responses suggesting that Marche's essay painted all women, including his wife, Toronto Life editor Sarah Fulford, as being crazy for their fastidiousness. But now, everyone will have an opportunity to read Fulford's own personal reactions in Marche's new essay collection, The Unmade Bed: The Messy Truth About Men and Women in the 21st Century. The book incorporates previously published work and new essays featuring notes from Fulford — who edits her husband's early drafts — which at times either corroborate or counter his perspective or memories of certain situations. (She expresses both frustration and grudging admiration with Marche's laissez faire approach to domestic chores.)

"I always feel like when I read books about people's marriages that they're lying to me because that's only one point of view. There are always two points of view in every situation in a marriage," Marche says. "I thought this was a way of getting more to the intimacy, and getting a more interesting perspective of how a modern marriage really works. It actually models the process of being in a marriage, where both people get a say."

Through a series of eight essays — starting boldly with Marche trying not to mansplain "mansplaining" — the book covers wide territory, from the resurgence of online pornography to the challenges of parenting children of both genders. Although Marche's theories are backed by numerous studies, The Unmade Bed is a very personal book, in which the author attempts to make sense of his own experiences, including the death of his father and his mixed feelings about becoming a housedad whose partner makes more money than him.

While researching, Marche was surprised to discover much more hope for change than he expected. "Especially now with Trump and the resurgence of this horrific misogyny globally, it's hard to be optimistic, but then when you look at historical trends, they go one way: men and women are getting more equal," he says. "That is going to continue. It doesn't matter who's in power."

Sure, studies show that women continue to gain more power economically, but Marche also acknowledges that staggering issues still exist, from domestic violence to wage gaps and leadership opportunities. He suggests it's because we're living in a "hollow patriarchy" that is nothing more than a brittle shell, and provocatively suggests that one way to help smash the remnants of this outdated system is for more men to speak up — not as "male feminists" and definitely not as men's rights activists — but as active participants.

"When it comes to gender, men are actually not heard from enough," he says. "I think the silence is very harmful and narrows the conversation around gender, and limits and hurts men, who, at this turning point are experiencing a total reconsideration of their gender and have decided to pretend it isn't happening. I felt like it needed some explanation as to why."

Sue Carter is the editor at Quill & Quire magazine.

RECORD DEALS

Obamas pen memoir deal worth $65M

Barack and Michelle Obama have book deals.

The former president and first lady have signed with Penguin Random House, the publisher announced Tuesday. Financial terms were not disclosed for the books, which several publishers had competed for, although the deals are likely in the tens of millions of dollars.

The Financial Times, citing unnamed sources familiar with the auction that produced the deal, reported that Penguin Random House will pay more than $65 million for global rights to the two memoirs.

Both Obamas have published through Crown, a Penguin Random House imprint. But Penguin Random House declined comment on which imprint or imprints the books would be released through.

"We are absolutely thrilled to continue our publishing partnership with President and Mrs. Obama," Penguin Random House CEO Markus Dohle said in a statement.

"With their words and their leadership, they changed the world, and every day, with the books we publish at Penguin Random House, we strive to do the same. Now, we are very much looking forward to working together with President and Mrs. Obama to make each of their books global publishing events of unprecedented scope and significance."

The Obamas were represented in negotiations by Robert Barnett and Deneen Howell of Williams & Connolly. Barnett has worked on deals with Barack Obama's two immediate predecessors, Bill Clinton and George W. Bush, and with Michelle Obama's predecessors Hillary Rodham Clinton and Laura Bush.

The Obamas plan to donate a "significant portion" of their author proceeds to charity, including to the Obama Foundation. Barack Obama's book is a strong contender to attract the largest advance for any ex-president; the previous record is believed to be $15 million for Bill Clinton's My Life.

The unique dual arrangement announced Tuesday is for books that are among the most anticipated in memory from a former president and first lady. Barack Obama is widely regarded as one of the finest prose stylists among modern presidents, and his million-selling Dreams from My Father and The Audacity of Hope are considered essential to his rise to the White House.

Barack and Michelle Obama plan to donate a significant portion of their book proceeds to charity. THE ASSOCIATED PRESS

Michelle Obama has given few details about her time as first lady: Her only book is about food and gardening, American Grown, released in 2012. Both Obamas are widely popular with the public in the U.S. and abroad.

Titles and release dates were not immediately available. The books will reflect on the Obamas' White House years.

A publishing official said that Barack Obama's book will be a straightforward memoir, while Michelle Obama plans to write an inspirational work for young people that will draw upon her life story.

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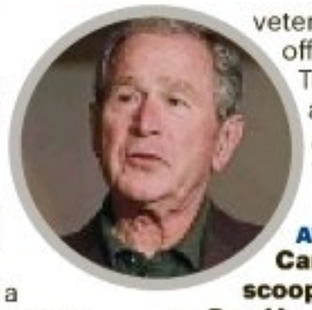
Books NEWS DIGEST

POLITICS

Bush clarifies Trump comment



Former President George W. Bush says he didn't intend to criticize President Donald Trump when he said recently that a free press is essential to democracy

Bush said he was simply responding to a reporter's question about the role of journalism. Trump has referred to the press as the "enemy of the people," but Bush said that it's important to hold those in power "to account," adding that power can be "very corrupting" and that it was dangerous to "fall in love" with power or fame or money.

Bush, 70, is promoting his new book, Portraits of Courage, a volume of his paintings of military veterans. The book, officially published Tuesday and is already No. 1 on Amazon.com.

THE ASSOCIATED PRESS

AWARDS

Campbell scoops Freedom to Read honours

Acclaimed Vancouver journalist and author Deborah Campbell has won the Freedom to Read Award.

Campbell was the unanimous choice for the honour, which is presented annually by the Writers' Union of Canada in recognition of work that is "passionately supportive of free expression."

Last fall, she was awarded the $60,000 Hilary Weston Writers' Trust Prize for A Disappearance in Damascus.

THE CANADIAN PRESS

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Sideline the contouring and highlight a new way

MAKEUP

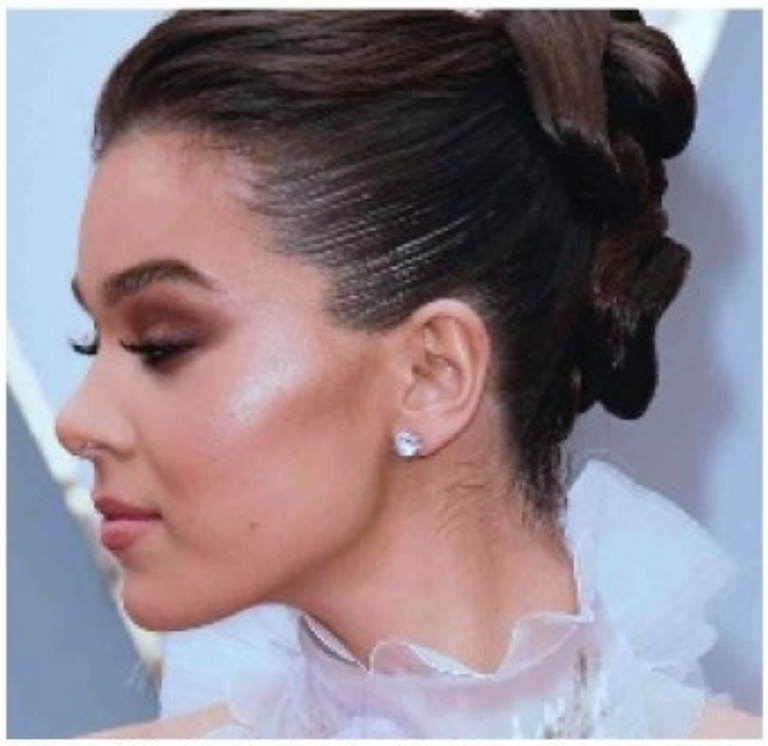
Back on trend and perfect for ethereal, dewy spring look

Samantha Emann
Metro | Toronto

Contouring is still going strong in the beauty world, thanks in part to the Kardashians. But now, along with chiseled cheekbones, highlighters are lighting the way for an ethereal, dewy look for spring.

Fashion and beauty journalist Carly Ostroff, whose work can be found in Flare, Fashion and The Kit, says highlighting is nothing new for makeup professionals.

"For years we have been seeing makeup pros like Pat McGrath using the technique for editorial behind-the-scenes on set and on the runway," says Ostroff. "But now thanks to a new set of products it's really become accessible for all of us."



Actress Hailee Steinfeld rocks a bright cheekbone highlight on the red carpet at the 89th Academy Awards. GETTY IMAGES

Highlighting is the counterpart to contouring in that it accentuates the places on your face that you want, well, highlighted. Meanwhile, contouring is meant to help you define and sculpt your features.

While some just dust a little on their cheekbones, highlight is also used to accentuate other features, such as your nose and cupid's bow and even your collarbone. And there's two ways to best approach highlighters, according to Ostroff.

"If you want a more made-up look you can go with something super glossy on your cheekbones or for something more low-key you can go for a no-highlight highlighter with a more dewy finish," she says. "You want to apply it right where the light would naturally hit your face."

A mixture of iconic fashion names, beauty YouTubers such as NikkieTutorials and other beauty personalities have got on board, only causing the trend to pick up steam.

"For Spring 2017 we saw highlighting at shows like Brandon Maxwell, Prada, Margiela and Versace, so it's not really showing any signs of slowing down. I think the best part about it now is that it's really easy to get the look at home," Ostroff says.

Which highlighter is for you?

Here are Metro's top three picks to help get your highlighting game in gear in time for spring ... plus the expert's choice.

1 Anastasia Beverly Hills (ABH) Glow Kit ($59)
Best known for popularizing the contour kit, Anastasia Beverly Hills now has a glow kit to help you customize the highlight to suit your needs. It's pricey but offers a lot of versatility.

2 Kat Von D Alchemist Holographic palette ($44)
This palette shows the evolution from simple one-note highlighters to a more dimensional colour changing shimmer. If you like to experiment with colour and intensity this is the one to pick up on your next Sephora trip.

3 Revlon highlighting palette ($14.95)
Available at places like Walmart and Shopper's Drugmart, this is an affordable option for that more subtle, dewy way to finish off a look or to use as a blush topper.

4 Carly Ostroff's pick: Nudestix skin glossing pencil ($28)
This Canadian company has a highlighter in pencil form that is perfect for beginners and "can't be beat" for a simple, quick way to get your highlight fix.

PICTURES: WALMART/SEPHORA/CONTRIBUTED

FASHION

Milan closes with ready-to-wear elegance

The Milan Fashion Week previews that concluded Monday announced a return to more formal dress, confirming a trend seen on the red carpet at the Oscars the night before.

Milan designers indulged in fringe, beading and elegant lines. Dark colours prevailed, but were tempered with bursts of tangerine, turquoise, icy blue and greens as seasons continue to blur on fashion runways.

Some highlights from the last day of fall/winter shows, anchored by Giorgio Armani:

Irreverent, inventive Armani

Giorgio Armani may be known for his jackets, but trousers were the headliners of his ultra-elegant collection for next fall and winter.

The designer's notes didn't offer a vocabulary for a new silhouette that smartly merges trousers with a skirt, but said the collection invokes "a new adaptation of the Armani style: free, aware, subtly irreverent."

The look was an evolution of the tulip trouser introduced some seasons ago, updated for the new collection with a sweeping skirt in the shape of twin tulip petals that meld seamlessly into a snug pant leg.

The skirt element of the combination was mostly pleated, and the trouser legs, visible from behind, sometimes were done in contrasting colours — red on black, for example.

Trousers were the headliners of Armani's ultra-elegant collection for next fall and winter. THE ASSOCIATED PRESS

That particular pairing was completed with a red blouse with a standing ruffle that framed the face, a two-button blazer and bowler hat.

Pleating details were repeated on three-dimensional bell cuffs and high Victorian-like necklines.

Cinematic temptations by Mila Schoen

Alessandro de Benedetti says he sought to create a dreamy effect in his Mila Schoen collection for fall/winter with saturated colours and playful detailing. The dream is anchored by English tailoring.

The collection featured flowing pleated skirts with patterns hidden in the folds, pops of cherry, polka dot or animal prints that appeared with every step.

Masculine tailoring gave definition to the silhouette, from a classic Prince of Wales trench inspired by the wardrobes of Roger Moore and Tony Curtis in the 1970s TV series The Persuaders to the woolly jean jacket in bright shades of mohair that referenced Gus Van Sant's My Own Private Idaho.

In Memoriam

Fashion Week closed on a sombre note in Milan, with a memorial service for the late editor of Vogue Italia, Franca Sozzani.

The fashion crowd filled the pews of the vast Duomo di Milano cathedral to bid farewell to Sozzani, who died in December at the age of 66 after a yearlong illness and three decades dedicated to promoting Italian fashion. Giorgio Armani, Donatella Versace, Miuccia Prada and Angela Missoni were among the Milan designers attending the service. Designers Valentino Garavani and Victoria Beckham attended as well.

Models Kate Moss, Eva Herzigova, Naomi Campbell and Carla Bruni were on hand.

THE ASSOCIATED PRESS

Gossip DIGEST

MOVIES

Affleck addresses sexual assault allegations

In an interview following his Oscar win, Casey Affleck addressed sexual harassment claims against him and said "everyone deserves to be treated with respect in the workplace and everywhere else."

The Manchester by the Sea star had largely evaded questions about the two lawsuits brought against him while making the 2010 mockumentary I'm Still Here, which he directed. The settlement of each case prevents each party from discussing the accusations. Affleck strenuously denies the allegations.

In an interview with The Boston Globe, Affleck said, "I believe that any kind of mistreatment of anyone for any reason is unacceptable and abhorrent, and everyone deserves to be treated with respect in the workplace and anywhere else."

Asked about those who have criticized his Academy Award win, Affleck said there was "nothing I can do about it other than live my life the way I know I live it and to speak to what my own values are and how I try to live by them all the time." THE ASSOCIATED PRESS

MUSIC

Gaga steps in for Beyonce

Attention, Little Monsters: Lady Gaga is coming to Coachella.

The diva announced Tuesday night she will be performing at the music festival for both weekends in April. Gaga will take the headlining spot that had been Beyonce's; pregnant with twins, the superstar announced last week that her doctors recommended she bow out. She rescheduled her performance for next year. Gaga is set to launch her Joanne world tour this summer, so Coachella will be a warm-up for her of sorts. Other performers include Radiohead and Kendrick Lamar.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER **WHAT I'M WATCHING**

A very timely tale of historian and patriot

THE SHOW: Making History, Season 1, Episode 2 (Fox)
THE MOMENT: The guns

Making History's Dan and Chris are well matched. CONTRIBUTED

By time-traveling to 1775 Massachusetts, Dan (Adam Pally) and Chris (Yassir Lester) disrupted the American Revolution. Now Chris is trying to stir up the townsmen. "Where's your sense of freedom?" he asks.

"Fine, we shall form a committee to consider a revolution," Paul Revere (Matt Servitto) says. "That committee shall meet in a fortnight."

"Ooh, a fortnight isn't good for me," says John Hancock (John Gemberling).

"And I have a thing two fortnights from now, I told you all about it last fortnight, so you can't be mad," says Sam Adams (Neil Casey).

"The British are going to take your weapons," Chris warns.

Suddenly the men are outraged. "Right, this is America," Chris reminds himself.

"I will die for my right to kill others while defending myself!" Revere cries.

"My gun! Mine!" Adams says, kissing the barrel. "Oh, gunny, gunny, they'll never get you."

This sitcom is absurd, but it makes me laugh.

Series creator Julius Sharpe (who worked on The Late Late Show with Craig Ferguson and Family Guy) employs seasoned comics who throw jokes and asides at us like rice at a wedding. The timing is perfect, sending up American rah-rah patriotism just as the country and the world are struggling to figure out what the hell the U.S. has become.

So is the tone. Chris is a history professor and Dan is a fool, so there's a lot of, "I will explain democracy to you in the simplest way, while mocking your ignorance of it."

Did I mention it's on Fox?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

MR. T GETS DANCING SHOES ON

DWTS lineup revealed

Mr. T, Simone Biles and Nancy Kerrigan are among the competitors for the upcoming season of Dancing with the Stars.

ABC announced the cast for the 24th season of the reality competition on Good Morning America on Wednesday. Other cast members include former Saturday Night Live star Chris Kattan, current Bachelor Nick Viall and singer Charo.

This season also marks the return of dancers Maksim Chmerkovskiy and Peta Murgatroyd after welcoming their first child together.

Biles will look to follow in the footsteps of her U.S. gymnastics teammate Laurie Hernandez, who took home the show's Mirrorball Trophy as last season's champ. THE ASSOCIATED PRESS

BEST PICTURE FLUB

Oscars accountants sacked

The wrong envelope in Warren Beatty's hands. GETTY IMAGES

The president of the film academy says the two accountants responsible for the best-picture flub at Sunday's Academy Awards will never return to the Oscar show.

Cheryl Boone Isaacs told The Associated Press that the Academy of Motion Picture Arts and Sciences' relationship with PwC, the accounting firm responsible for the integrity of the awards, remains under review.

Boone Isaacs broke her silence Wednesday following the biggest blunder in the 89-year history of the Academy Awards.

PwC accountants Brian Cullinan and Martha Ruiz were responsible for the winners' envelopes at Sunday's Oscar show. Cullinan tweeted a photo of Emma Stone from backstage minutes before handing presenters Warren Beatty and Faye Dunaway the wrong envelope for best picture. Boone Isaacs said Cullinan's distraction caused the error.

The academy has also apologized to the Australian movie producer it incorrectly showed during Sunday's Oscars in memoriam reel.

In a statement Wednesday, the film academy extended "our deepest apologies" to producer Jan Chapman, whose photo was mistakenly used in the tribute instead of Chapman's colleague and friend, the late Janet Patterson. Chapman had said she was "devastated" by the error.

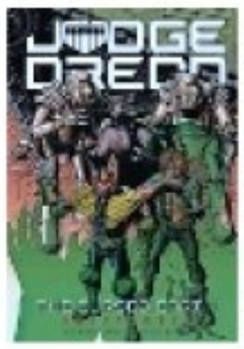
Patterson, an Australian costume designer and four-time Oscar nominee), passed away in October last year. THE ASSOCIATED PRESS

COMIC BOOKS

New laws, same classic Judge

Judge Dredd: The Cursed Earth Uncensored
By: John Wagner, Pat Mills, Brian Bolland and Mike McMahon
Publisher: Rebellion; 208 pages; $25.00

Mike Donachie
Metro | Canada



Judge Dredd is the law, but now a change in the law means some of his rarest appearances can be seen for the first time in nearly 40 years.

Just released in Canada and the U.S., this "uncensored" version of one of the judge's early adventures coincides with the 40th anniversary of 2000 AD, the comic book in which it appeared.

It's an odyssey across a post-apocalyptic desert, with Dredd heroically driving a vaccine to Mega City Two, the disease-hit city on America's western seaboard. He couldn't fly because of rat-infested flying rocks. Just go with it.

There are lots of chapters, and some of the best art the series has ever seen, but the curiosity value is in two stories withdrawn due to trademark infringements and now reprinted after a change in British laws covering satire. Originally, Dredd and his team of cannon fodder encountered the Jolly Green Giant, and the final remnants of the McDonalds and Burger King chains, now locked in bitter territorial disputes. Editorial management freaked out, and the stories were ignored.

And we also get punks, war robots, weeping aliens, a modified Mount Rushmore and a ton of fun along the way. This one's a classic.

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metro HOME

Your essential daily news

Billionaire Warren Buffett lists his six-bedroom, seven-bath Laguna Beach residence for $11M

MEET THE CONDO

Enjoy the park-like landscape

THE GATES

CONTRIBUTED

Project overview

The Gates condominiums are set within a stunning landscape in Calgary's desirable community of Quarry Park, which provides a park-like setting with a multitude of amenities and recreational opportunities.

Location and transit

Quarry Park is conveniently located along the BRT bus route 302 to downtown and there is a future LRT stop planned for the Green Line. Quarry Park also features quick access to Glenmore Trail and Deerfoot Trail as well.

Housing amenities

This project features underground parking, bike storage and storage lockers for all residents as well as beautiful landscaped grounds for everyone to enjoy. Access to a nearby 50-acre natural reserve along the Bow River is the icing on the cake.

In the neighbourhood

With The Quarry Park Market just a five minute drive away with access to restaurants, grocery stores and coffee shops including a Co-Op grocery and liquor store, Starbucks, Original Joe's Restaurant and Bar, The Park Kitchen and Bar, and so much more. KRISTA SYLVESTER/FOR METRO

NEED TO KNOW

What: The Gates
Builder: Remington Development Corp.
Architect: IBI
Interiors: Classic modern interiors
Location: 39 Quarry Gates SE in Quarry Park
Building: Three-storey wood frame building with stucco and stone exterior, 32 units
Suites: One bedroom and two bedroom units
Sizes: 770 to 1,100 square feet
Pricing: Starting at $315,000
Status: Immediate possession, final sellout
Sales centre: 350 Quarry Park Blvd. SE
Hours: Monday to Thursday 12 to 8 p.m., Friday to Sunday 12 to 5 p.m. by appointment
Phone: (403) 930-6900
Email: info@remingtoncorp.com
Website: remingtoncorp.com

REAL ESTATE

What's hot on the market

1 NOW SELLING

Glas by Avalon: Don't miss your chance to see what GLAS has to offer with one-bedroom, two-bedroom and three-bedroom units close to the eclectic lifestyle of Marda Loop. Check out the presentation centre at 2717 17th St. SW, unit 203.

2 STILL SELLING

Avenue by Grosvenor and Cressey: As construction on these Riverside homes with views in the West End wrap up, so do the sales but there's still a chance to own one of these beautiful homes starting at $330,000. The presentation centre and two display suites are located at 1037 5th Ave. SW.

3 REGISTER TODAY

Brooklyn Townhomes by Trico Communities: With the sales centre set to open this year, people are encouraged to register now for this exciting upcoming project that will be located along 14 Street SW between 26th Avenue and 17th Avenue SW.

KRISTA SYLVESTER/FOR METRO

TOP 150 FOR 150
CELEBRATING CANADA'S GIFTS TO THE WORLD

Yes, we have a desert

Sean Plummer

Some call it Canada's pocket desert. Located in the south Okanagan valley, the Okanagan (or Osoyoos) desert is the northern-most extension of the Sonoran Desert zone, which originates in Mexico.

The semi-arid desert, which has been home to First Nations tribes for 8,000 years, is a rich ecosystem with more than 100 rare plants and exotic wildlife.

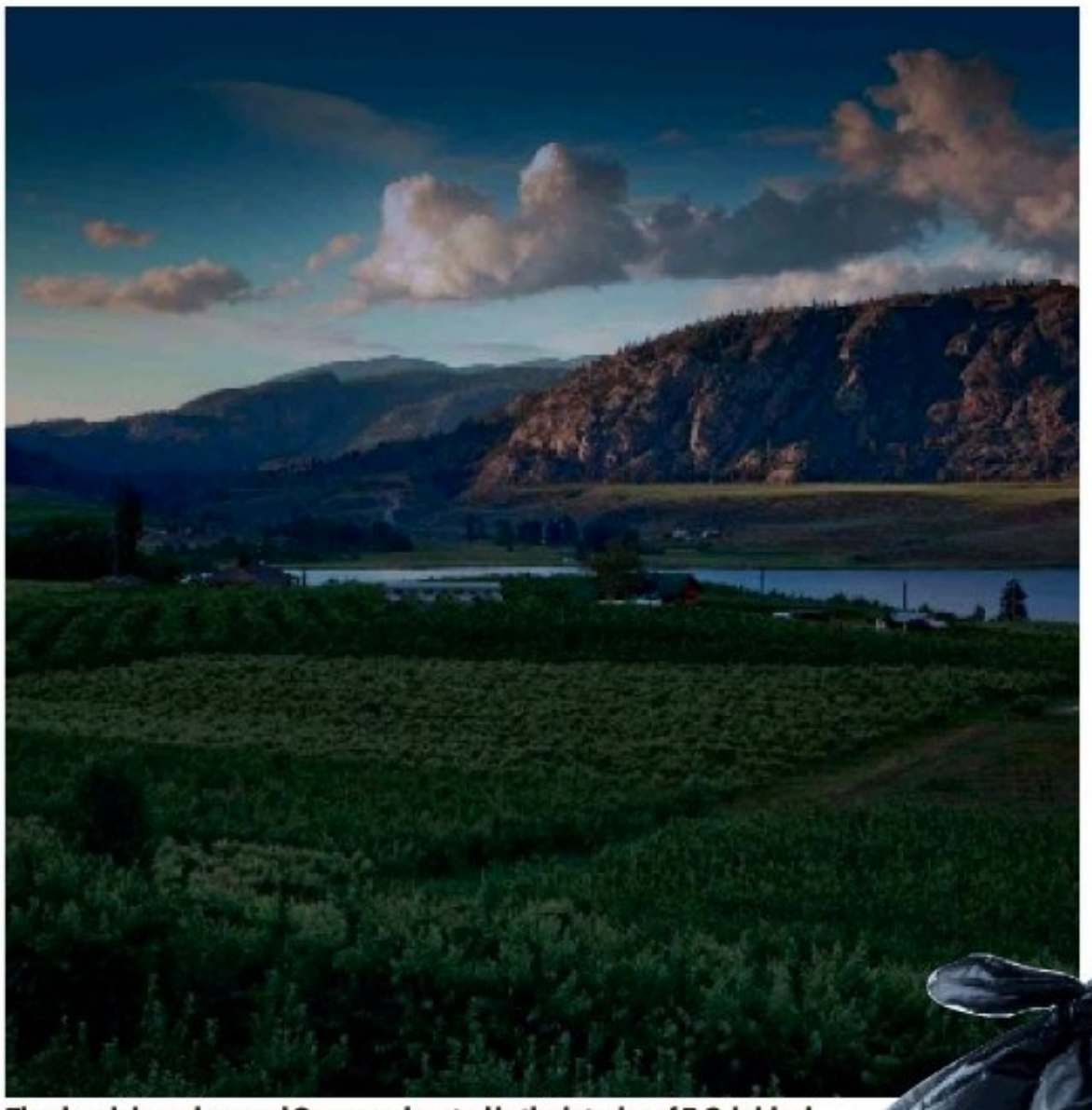
100

The Osoyoos desert is home to more than 100 rare plants and exotic wildlife.

Desert creatures like the painted turtle, scorpion and rattlesnake scurry around by day, while nocturnal amphibians like the Great Basin Spadefoot toad and the tiger salamander seek mates in the spring before the ponds dry up (the area is dotted in the warmer months with kliluk, or spotted lakes).

This antelope-brush ecosystem is one of the four most endangered ecosystems in Canada, and it has become a popular spot for eco-tourists eager to enjoy the beauty of its dry shrub-grasslands.

The Osoyoos Desert Centre offers guided and self-guided tours along a 1.5-km boardwalk.



The dry air in and around Osoyoos, located in the interior of B.C. is ideal for fruits, vegetables and for fabulous wine. TORSTAR NEWS SERVICE

It's our bag baby

Today it's a staple of households worldwide, but the commercially produced plastic garbage bag didn't come along until the late 1960s.

You can thank Canadian inventors Henry Wasylyk and Larry Hansen for conceiving it in 1950 and Union Carbide for producing it under the Glad label.

A version that degraded in sunlight was patented in 1971 by U of T chemist James Guillet — the millionth patent granted in Canada.

SEAN PLUMMER

ISTOCK

Hawaiian pizza was invented by a Chatham restaurateur. ISTOCK

Aloha, pizza

What do Hawaii and Chatham, Ontario, have in common? Pizza, sort of.

The sweet and sour pie — topped with ham and pineapple on a bed of tomato sauce and cheese — was apparently invented in Chatham by restaurateur Sam Panopoulos at his Satellite Restaurant back in 1962.

His "Hawaiian" pizza is now popular around the world, though apparently it's no big deal in Hawaii.

SEAN PLUMMER

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NEAR SPORTS

Jay Onrait and Dan O'Toole are returning to Canada and TSN after Fox Sports One in the U.S. decided not to renew their contracts

IN BRIEF

New set of rules proposed to make golf easier to play

The Royal & Ancient Golf Club and the U.S. Golf Association released a draft of modern rules on Wednesday aimed at simplifying the game's rules without stripping traditions and fundamentals of fair play.

The proposal, which now faces six months of public feedback, reduces the number of rules from 34 to 24.

In many cases, penalties have been rescinded. Players no longer will be assessed a one-shot penalty if their golf ball accidentally moves, if their club touches the ground while in a hazard or even if a putt strikes a flagstick that is not being tended.

THE ASSOCIATED PRESS

Durant out indefinitely with sprained MCL

Golden State Warriors star Kevin Durant will be out indefinitely — perhaps until the playoffs — after he sprained the medial collateral ligament in his left knee and bruised a bone in his leg during Tuesday night's loss at Washington.

Durant leads the Warriors in scoring and rebounding with 25.3 points and 8.2 boards along with 4.8 assists.

THE ASSOCIATED PRESS

NFL salary cap rises to $167M per team

The NFL salary cap for the upcoming season will be $167 million per team, up more than $12 million over last year.

This is the fourth consecutive year the cap has risen at least $10 million. THE ASSOCIATED PRESS

Barcelona coach to step down at season's end

Barcelona coach Luis Enrique announced Wednesday he will leave the Spanish champions at the end of this season, saying he needed to rest after three years in charge.

The coach made the surprise announcement following the team's 6-1 win over Sporting Gijon in the Spanish league on Wednesday.

THE ASSOCIATED PRESS

Lazar licks his chops over Flames' upside

NHL

Calgary trades for forward who struggled in Ottawa

Curtis Lazar, a first-round draft pick in 2013, had become a healthy scratch for the Senators on a regular basis. PAUL BERESWILL/GETTY IMAGES

Curtis Lazar's hockey career needs a jumpstart. He believes the Calgary Flames can apply the booster cables.

The 22-year-old forward from Salmon Arm, B.C., was the centrepiece of Calgary's trade-deadline deal with the Ottawa Senators on Wednesday.

The Flames sent defenceman Jyrki Jokipakka and a second-round draft pick this year to Ottawa for Lazar and defenceman Michael Kostka.

"You look at the possibility and the future I can have with the Flames and I couldn't be more excited to get there and start my adventure in Calgary," Lazar told The Canadian Press en route to the Ottawa airport.

"I like the young core of players they have. I want to go there and try and complement that group. They're in a dogfight for the playoffs right now. I think I can help out and hopefully I can do that and help them make the post-season."

Diagnosed with mononucleosis in training camp, Lazar was playing catch-up this season.

He was assigned to Ottawa's AHL team in Binghamton, N.Y., to start the season where he had three goals and an assist in 13 games before he was recalled.

With just one assist in 33 games and a minus-10 rating in his third season in Ottawa, Lazar was a healthy scratch in recent games.

The trade reunites Lazar with former Senators head coach Dave Cameron, who is in his first season as a Flames assistant to Glen Gulutzan.

The six-foot, 209-pound forward has a career 12 goals and 24 assists in 176 games for the Senators. Lazar is in the final year of his entry-level contract and will be a restricted free agent after this season.

The 17th overall pick in the 2013 NHL draft won a Memorial Cup with the Edmonton Oil Kings in 2014 and was captain of the Canadian junior team that won a gold medal in 2015.

THE CANADIAN PRESS

> **With the character of this kid, he's going to put the work in.**
> Flames GM Brad Treliving

DEADLINE DAY DEALS

OTTAWA-CALGARY

TO SENATORS: JYRKI JOKIPAKKA, D
SECOND-ROUND PICK (2017)

TO FLAMES: CURTIS LAZAR, F
MIKE KOSTKA, D

TORONTO-PITTSBURGH

TO LEAFS: ERIC FEHR,F
STEVE OLEKSY, D
FOURTH ROUNDER (2017)

TO PENGUINS: FRANK CORRADO, D

BOSTON-WINNIPEG

TO BRUINS: DREW STAFFORD, F

TO JETS: CONDITIONAL SIXTH ROUNDER

FLORIDA-DETROIT

TO PANTHERS: THOMAS VANEK, F

TO RED WINGS: DYLAN MCILRATH, D
COND. THIRD ROUNDER (2017)

LOS ANGELES-COLORADO

TO KINGS: JAROME IGINLA, F

TO AVALANCHE: COND. FOURTH ROUNDER (2018)

Iginla headlines a tame final day of trades

Jarome Iginla is chasing his first Stanley Cup with his fifth team. JEFFREY T. BARNES/THE ASSOCIATED PRESS

You know it's a slow trade deadline day in the NHL when the biggest name dealt is a 39-year-old with eight goals this season.

Headed for the Los Angeles Kings, Jarome Iginla was the highest profile name to move in one of the slowest (and least interesting) deadline days in recent memory. Most of the transactions involved depth players on expiring contracts, including Thomas Vanek to Florida, P.A. Parenteau to Nashville and Mark Streit to Pittsburgh.

There were only 18 trades in all, and only 16 involving players who've played in the NHL this season.

18

The number of trades on Wednesday.

"It's probably less I guess than past years, which doesn't surprise me," Calgary Flames general manager Brad Treliving said. "You look at the compression in the standings, you've got expansion, you've got financial pressures in terms of cap squeezage, it probably went the way I thought it would go."

Treliving predicted that the expansion draft in particular would "make it a little bit stickier" on deadline day with clubs having to consider players to both protect and expose to the newly minted Las Vegas Golden Knights in June.

Not one first-round pick actually moved hands on deadline day itself (and only one second), though some moved in the more intriguing lead-up to the deadline — including in Washington's acquisition of Kevin Shattenkirk and Minnesota's landing of Martin Hanzal.

THE CANADIAN PRESS

Leman loosens up on slopes

SKI CROSS

Calgary racer striving for World Cup 2nd in 16-17 finale

Vincent Man
Metro | Toronto

All it took for Brady Leman to earn his first World Cup victory in five years was to stop caring so much.

After finishing third overall last season, the Calgary ski cross racer set high expectations for 2016-17. He now admits that doing so only held him back.

"This year I put a lot of pressure on myself to follow that up and exceed last season, which was a tall task," Leman told Metro by phone earlier this week. "I was really stressed out about trying to match that and once I got over that, went back to just racing, things started coming together a lot more easily."

Even with the added stress, Leman was able to race to a pair of second-place finishes before the Christmas break. Once he eased up on the self-imposed pressure, he grew comfortable on the mountain and went on a hot streak.

Brady Leman GETTY IMAGES

The 30-year-old rallied for three more silver medals before capturing gold in Idre Fjall, Sweden, on Feb. 12. In the final, Leman broke away from the pack and made the lead stick as he crossed the finish line just ahead of France's Arnaud Bovolenta.

It was his third career World Cup win and first since the 2011-12 season.

"It was really satisfying to get back on to the top of the podium and take a win because it had been that long," Leman said.

"That's a funny racetrack that one. It's so straight and fast at the bottom that being out front is a stressful spot.... All you can do is put your head down and hope nobody goes by you."

Leman sits second overall on the World Cup circuit this season and appeared poised to gain more ground on leader Jean Frederic Chapuis of France last week in Miass, Russia. A 26th-place showing, however, set the Canadian back and guaranteed Chapuis the Crystal Globe with a 112-point lead in the standings and a single race remaining on the calendar.

Brady Leman carries a slim second-place overall lead into the World Cup season finale this weekend in Collingwood, Ont. LAURENT SALINO/AGENCE ZOOM/GETTY IMAGES

Leman was hoping to capitalize on Chapuis' 27th-place finish, but "mental errors" cost him valuable points and a chance at racing for the season's overall championship in the tour's final stop on Sunday at Blue Mountain in Collingwood, Ont.

"It's so tough to find that week-in, week-out consistency. It's easy to beat yourself up after a race like that," Leman said.

"I'd be lying if I said I didn't have a couple of daydreams about winning a Globe on home soil. But it's out of my hands at this point, which is too bad. It's still been a good season regardless of what happens this weekend."

While the race for the overall championship is over, Leman's second place is still very much up for grabs. He currently carries an 11-point lead over Switzerland's Alex Fiva, who Leman says is one of his best friend's on tour.

"We have a lot of mutual respect for each other. Our team and the Swiss team get along very well," Leman said. "They're just good competitors. They race clean and they race hard. Those are the kind of guys you want to race against."

History tips the scales in Leman's favour. One of his two previous victories was earned at Blue Mountain in 2011-12, when he finished the season second overall.

"I feel like I have a real shot at (winning) here," he said.

"We get such a good turnout at Blue Mountain that it's really motivating to try and be that guy, that Canadian that can do it on home soil and get the crowd fired up."

UFC

'It's on': GSP to meet Bispin in return

Former welterweight champion Georges St-Pierre is starting his comeback with a bang — against UFC middleweight title-holder Michael Bisping.

The two will meet for the 185-pound crown in the second half of 2017, according to the UFC.

"It's on," Bisping said in a social media post featuring the fight poster.

The 35-year-old St-Pierre has not fought since November 2013 when he won a narrow decision over Johny (Bigg Rigg) Hendricks for his 12th straight win. The Montreal mixed martial arts star then took a hiatus, saying he needed time away from the sport.

Georges St-Pierre, left, and Michael Bisping GETTY IMAGES

England's Bisping won the middleweight championship from Luke Rockhold at UFC 199 in January 2016, subsequently defending the title against Dan Henderson.

The 38-year-old Bisping (31-7-0) had been campaigning for a big-money fight against St-Pierre (25-2-0).

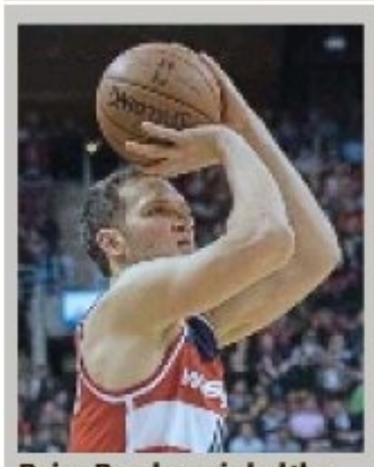
St-Pierre's previous UFC fights were all at 170 pounds.

The two fighters are slated to appear at a news conference Friday in Las Vegas prior to the UFC 209 weigh-ins.

For the UFC, St-Pierre versus Bisping is a welcome marquee fight at a time when lightweight champion Conor McGregor is awaiting the birth of his child, while former light-heavyweight title-holder Jon (Bones) Jones is trying to sort out his life outside the cage and former women's flag-bearer (Rowdy) Ronda Rousey is contemplating her fighting future after beatdowns at the hands of Holly Holm and Amanda Nunes.

St-Pierre was a pay-per-view cash cow for the UFC at the time of his departure from the sport. He kept training during his time away and had to undergo knee surgery after a practice injury. THE CANADIAN PRESS

IN BRIEF



Bojan Bogdanovic led the Wiz with 27 point on Wednesday. THE CANADIAN PRESS

Wizards do away with Raps
There would be no thrilling fourth-quarter comeback for the Toronto Raptors on Wednesday.

Playing their fourth game without all-star guard Kyle Lowry, the Raptors dropped a 105-96 decision to Eastern Conference rival Washington Wizards to end a four-game winning streak.

Wednesday's game was the first of two straight against the Wizards, who Toronto trailed for third in the east by just percentage points. THE CANADIAN PRESS

Sinclair scores for Canada
Christine Sinclair scored in the 90th minute as Canada's women's soccer team opened its defence of its Algarve Cup title with a dramatic 1-0 win over Denmark on Wednesday in Albufeira, Portugal.

Sinclair scored her 166th career international goal when she fired the rebound of a Deanne Rose shot past the Danish goalkeeper.

Stephanie Labbe picked up the clean sheet for Canada in its first competitive game since winning bronze at the Olympics. THE CANADIAN PRESS

Canadian teen having a bumpy start in Formula One
Canadian rookie Lance Stroll is off to a rocky start in Formula One pre-season testing.

The Mont-Tremblant, Que., native went off the track in the morning session and then crashed into a wall in the afternoon at the Catalunya track on Wednesday. That made three straight sessions with mishaps for the 18-year old, who was signed by the British team after winning the European F3 championship last year. THE CANADIAN PRESS

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MAKE IT TONIGHT

Aromatic Shrimp and Vegetable Spaghetti

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Can

This pasta features roasted vegetables and fresh herbs.

Ready in 50 minutes
Prep time: 20 minutes
Cook time: 30 minutes
Serves 8 to 10

Ingredients
- 1 yellow zucchini, sliced in half lengthwise
- 2 portobello mushrooms, stems removed, caps scooped and halved, then cut crosswise into slices
- 1 red pepper, sliced into quarters
- 1/4 cup olive oil
- 2 Tbsp balsamic vinegar
- 4 cloves garlic, chopped and divided
- 1 Tbsp fresh chopped oregano
- 1 Tbsp fresh chopped rosemary
- 1 1b. thawed peeled deveined shrimp
- 1 Tbsp butter
- 1 box of spaghetti
- 2 large meaty tomatoes, sliced into chunks
- 1 container marinated artichoke hearts, plus a drizzle of its oil
- 1 cup feta cheese• 1 handful fresh chopped basil

Directions
1. Preheat oven to 400. Toss zucchini, mushrooms and red pepper with 2 Tbsp olive oil, balsamic vinegar, 2 garlic cloves, oregano and rosemary to coat.
2. Place vegetables on greased pan and roast; turn once and cook 30 minutes.
3. Remove to platter and cool. Slice s into bite-size pieces.
4. In a large skillet over medium heat, add butter and two garlic cloves and cook till aromatic, about 1 minute. Add shrimp and cook until pink, about 5 minutes. Remove shrimp and juices and set aside.
5. Meanwhile, in a large saucepan of salted boiling water, cook pasta. Drain. Drizzle remaining oil into pasta. Toss vegetables with shrimp and buttery juices into pasta and serve with basil.

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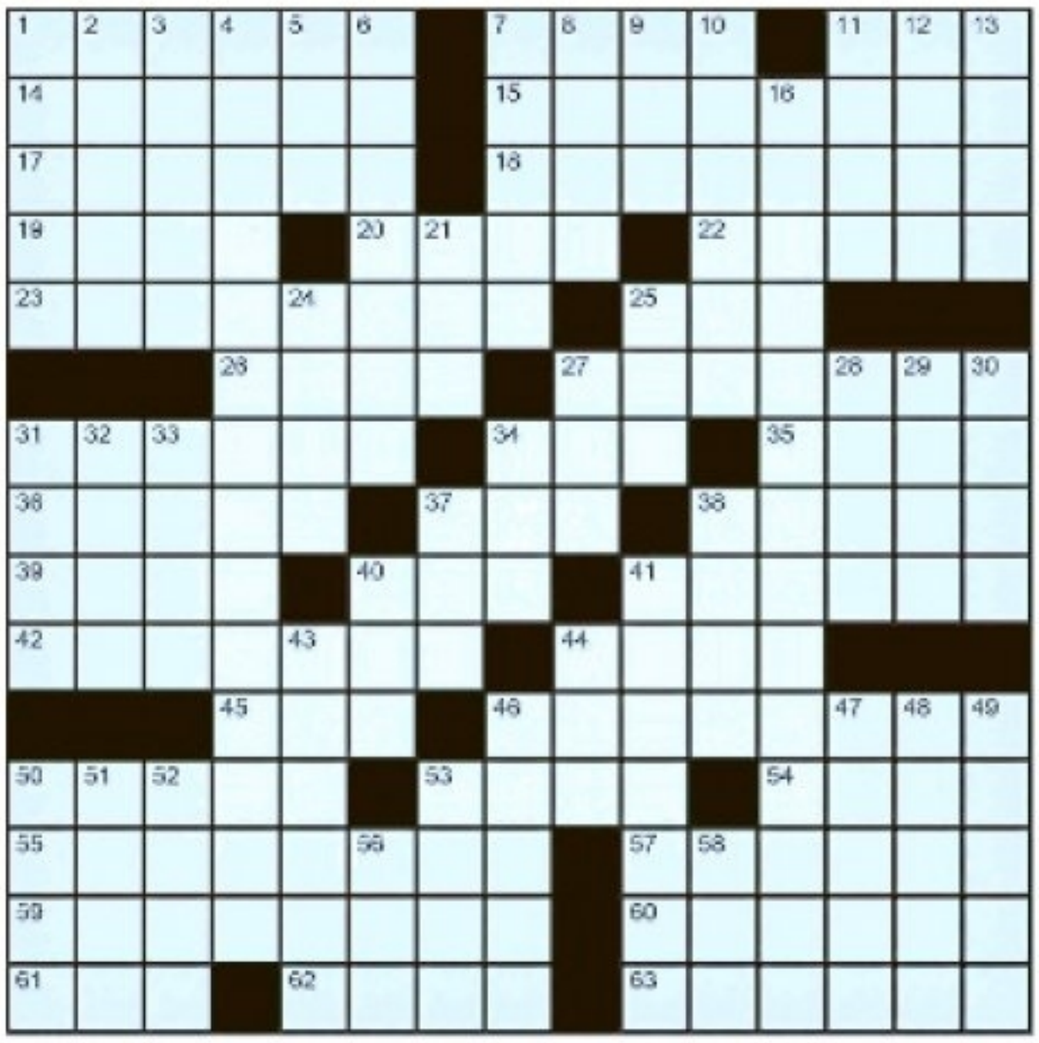
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "The Planets" composer Mr. Holst
7. Actress Ms. Sofer
11. "Wowy!"
14. Bury
15. Super self-love
17. TSX units
18. Staircase railing
19. Slant
20. Stompin' Tom Connors' "Bud the _"
22. Haunting 'human'
23. Those lettering-out words
25. Giggling, texting-style
26. Moray-like
27. Stash of weapons
31. , , , , , ,
34. G'days
35. Abominable abode-er
36. Plane, in Quebec
37. Deli serving
38. Jimmy of "L.A. Law"
39. Lima's country
40. Fancy watch face number
41. Ms. Durbin (Winnipeg-born star)
42. Unity
44. Mr. Gagnon (Chicoutimi-born Olympic gold speed skater)
45. Highlander's hat
46. Takeoff/landing locale
50. 'Romeo' sports cars
53. Global, briefly
54. Off the dragon
55. War-like
57. Julia Louis-Dreyfus's character on "Seinfeld"
59. Distinction
60. More tidy
61. _ worth
62. Rugs of Scandinavia
63. Surplus
24. Trim
25. "I Love You, Suzanne" singer ...his initials-sharers
27. _-en-Provence, France
28. No, in Munich
29. Notation atop a memo, for short
30. Ms. Kudrow
31. Organized crime chief
32. Baking cookies appliance
33. Soft muddy spot
34. _ polloi (Common people)
37. '_' _ for Langley
38. Feudal worker
40. Belief system
41. Singer Ms. Love
43. _ Island (Statued marvel west of Chile in the South Pacific)
44. US univ.
46. Poker stakes
47. Top rate
48. Street sections
49. Tint-to-hair appliers
50. "So be it!" in church
51. Key _ pie
52. Move like a hummingbird
53. Empire of yore
56. Whichever
58. Mr. Luthor, "Superman" (1978) villain

DOWN
1. Main meanings
2. Not 'Tragically' cool
3. Sedimentary rock
4. _ _ Provincial Park, in southwestern Manitoba near Boissevain, known for the 'Western Painted' shelled creatures found there
5. Soul: French
6. Ships and tankers and dinghies
7. Puzzle type
8. "Blimey!"
9. Oui opposite
10. Martin Short comedy, "Three _!" (1986)
11. Catch _ _ ('Get')
12. Geese: French
13. Actress, Melissa Joan _
16. Juno-winning roots musician who is Natalie MacMaster's cousin: 2 wds.
21. Open with a crowbar

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your relationships with partners and close friends might suddenly get a lovely boost or lift today. Someone might compliment you. You might meet someone new who is unusual.

Taurus April 21 - May 21
An unexpected job opportunity might come your way today, or perhaps work-related travel suddenly will appear. Something might even improve your health. Who knows?

Gemini May 22 - June 21
An unexpected invitation for a vacation or a social event might land in your lap today. Love at first sight will begin for some of you. Yes, it's an exciting, fun-filled day!

Cancer June 22 - July 23
Keep your eyes open for real-estate opportunities or chances to improve your existing home today. A spontaneous family gathering might take place.

Leo July 24 - Aug. 23
Unexpected news or an unusual opportunity makes you happy today. Your spirits are high and your optimism is strong. This is just how you like things to be.

Virgo Aug. 24 - Sept. 23
Business and commerce are favoured today; in fact, something unexpected might come along that really boosts your income. It might be a new job or something on the side.

Libra Sept. 24 - Oct. 23
All kinds of opportunities might pop out of the woodwork today. This means you have to keep your eyes open and be ready to act fast.

Scorpio Oct. 24 - Nov. 22
This is a feel-good day. You feel happy with yourself and content with your world. Appreciate your good fortune.

Sagittarius Nov. 23 - Dec. 21
Your popularity will get a boost today because others admire you. This is why you might suddenly be thrust into a position of leadership in a group or class.

Capricorn Dec. 22 - Jan. 20
Something will happen today that boosts your reputation in the eyes of others. If an opportunity presents itself, you will have to act quickly. Don't hesitate.

Aquarius Jan. 21 - Feb. 19
A surprise opportunity to travel might suddenly materialize today. If so, act quickly, because this window will be brief.

Pisces
Feb. 20 - March 20
Keep your pockets open, because gifts, goodies and favors from others will come your way today. However, they will be unexpected. (What a nice surprise!)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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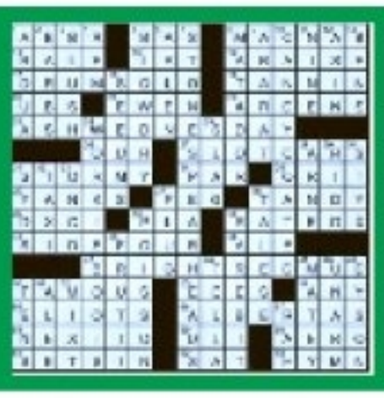

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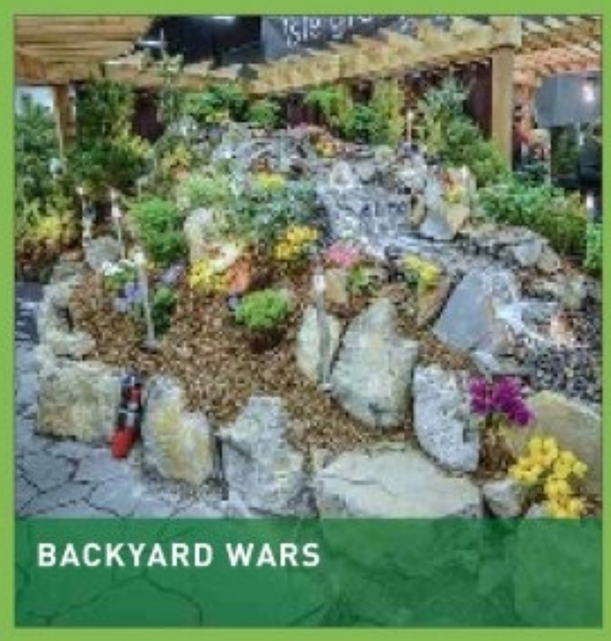

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